# **SNACK ATTACK!**

# **EVERYDAY HEALTHY SNACK CHOICES**

A snack attack can creep up on you when you least expect it, so be prepared with everyday healthy snacks. Choose nutritious snacks that include:

- Cool drinks and fluid rich fruits & veggies to keep you hydrated!
- Healthy lean high protein foods for muscle recovery!
- High carbohydrate, low fat, wholesome snacks for energy!



#### Fluids

- Water
- 100% Fruit or Vegetable juice
- Sports Drinks

# <u>High Protein Foods</u>

- Beans (pinto, black, kidney)
- Cottage cheese & fruit packs
- Light canned tuna / chicken
- Cheese
- Pudding snacks
- Low-fat yogurt & milk
- Nuts & seeds
- Peanut butter
- String cheese

#### Mixed Foods

- Trail mix (dried fruit & nuts)
- Veggies & low-fat dip



# High Carbohydrate Foods

## Grains

- Bagels
- Chex®, Cheerios®, Low-fat granola, Wheaties®, Frosted Mini Wheats®
- Fig Bars
- Low-fat granola bars
- Mini popcorn and rice cakes
- Popcorn
- Pretzels
- Raisin bread
- Sports bars
- Tortillas
- Whole grain cereal bars
- Whole grain crackers

## Fruits & Vegetables

- Carrot & celery sticks
- Cherry or Grape tomatoes
- Dried fruit
- Fruit canned in natural juice
- Fresh fruits: banana, orange, pear, apple, peach, grapes, watermelon
- Veggie sticks

Watch Out! Some snack foods are high in added fat and sugar and should be enjoyed only occasionally.

Examples: brownies, cake, candy, churros, cookies, croissants, doughnuts, fruit drinks, Kool Aid, muffins, potato or corn chips, soda, sweet rolls

07/2005

AZ1362

THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE AND LIFE SCIENCES
TUCSON, ARIZONA 85721

LINDA HOUTKOOPER, PhD, RD
Professor and Head
Department of Nutritional Sciences

Jaclyn Maurer, PhD, RD Research Specialist, Sr. Department of Nutritional Sciences

This information has been reviewed by university faculty.

ag.arizona.edu/pubs/health/az1362.pdf

Any products, services, or organizations that are mentioned, shown, or indirectly implied in this publication do not imply endorsement by The University of Arizona.