

## snack ideas

### Psoriatic Disease

Meal planning is important for a healthy diet, but what about snacks? Nutritious snacks are another great way to keep you fueled and provide the nutrients your body needs. Package snacks into plastic bags or containers for easy eating at work or on-the-go. Here are a few ideas to get you started.

- 1 Apple Slices with Peanut Butter**  
Top a sliced apple with 2 tablespoons peanut butter.

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- 2 String Cheese with Whole Grain Crackers**  
Pair low-fat string cheese with a serving of whole grain crackers, like Triscuits® or Wheat Thins®.

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- 3 Greek Yogurt with Mixed Berries**  
Blend ½ cup low-fat Greek yogurt with fresh or frozen strawberries, blueberries, raspberries, or blackberries.

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- 4 Hard Boiled Eggs**  
Two hard boiled eggs make a nutrient-rich, high protein snack.

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- 5 Small Handful of Nuts**  
One ounce of nuts is considered a serving; that equals about 23 almonds, 19 pecan halves, 18 cashews, 14 walnut halves, or 49 pistachios.

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- 6 Low-Fat Tuna Salad with Celery Sticks**  
Mix one packet of tuna fish (2.6 oz) with 1 tablespoon low-fat mayonnaise or plain Greek yogurt and dill. Serve with celery sticks.

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- 7 Cucumber Slices and Hummus**  
Dip ½ cup fresh cucumber slices into ¼ cup hummus.

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- 8 Turkey Avocado Roll-Ups**  
Roll deli turkey around fresh avocado slices.

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- 9 Baby Carrots and Dip**  
Pair ½ cup baby carrots with a dip of your choice! Try hummus, guacamole, tzatziki, or a low-fat dressing.

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- 10 Build Your Own Trail Mix**  
Mix together nuts, dried fruit, seeds, and a few chocolate chips.

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- 11 Low-Fat Popcorn**  
Low-fat popcorn is a great, whole grain snack!

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#### **12** Cereal and Milk

Whole grain cereal and low-fat milk is a super snack packed with key vitamins and minerals.

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#### **13** Fresh Fruit

Fresh fruit, such as bananas, apples, or pears, are perfect on-the-go snacks.

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