

snack ideas

Asthma

Whether on the road traveling, at work or at home, enjoying small snacks during the day is an easy way to keep energy levels high. Below are nourishing snack ideas to keep you feeling your best. Package snacks into resealable bags or containers for easy eating at work or on-the-go. Check out the ***Avoiding Sulfites and Salicylates*** handout if you find you're sensitive to these ingredients. Here are a few ideas to get you started.

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

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

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

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

- 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.

- 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.

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

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

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

- 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!

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

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

- 14 Cottage cheese and fruit**
Pair low-fat cottage cheese with fresh, frozen or canned peach slices.

- 15 Whole Grain Toast**
Toast whole grain bread and top with peanut butter or 100% fruit spread.
