

CHOOSE THESE FIRST

FRUITS

- Fresh or frozen are the best options.
- Second would be fruit canned in its own juice.
- Fruit juice: No more than 4 times per week.
- Watch portion size for dried fruit and fruit leather

VEGETABLES

- Fresh or frozen are the best options.
- Vegetable juice: No more than 4 times per week.
- Focus on getting a rainbow of colors.
- Leafy greens are especially powerful; kale, spinach and collards.
- Try steamed edamame.

Other Healthy Snack Options

CEREAL

- Shredded Wheat
- All Bran
- Barbara's High Fiber Medley
- Ezekiel Food For Life
- Uncle Sam's
- Nature's Path

OATMEAL

- Steel Cut Oats
- Old Fashioned Oats
- Hodgson Mills Muesli
- Bob's Red Mill

CRACKERS

- WASA Crispbread
- Rye Crisp Light
- Finn Crisp Firm 5 or Rye
- Triscuit
- AK-MAK Stone Ground
- Brown Rice Cakes
- Ryvita

POPCORN

- Air-popped
- Trader Joes
- Newman's Own, Organic
- Skinny Pop
- Place 1/2 c. bulk popcorn in a brown paper bag, fold over and microwave 1-3 minutes on high.

NUTS/SEEDS

Raw unsalted (1 oz)

- Almonds
- Walnuts
- Peanuts
- Seeds
- Natural Nut Butters, unsalted
- Roasted Edamame

BARS

- Lara Bars
- Kind Bars
- Kashi Bars

HUMMUS/SALSA

- Tribe Hummus
- Oasis Naturals Red Pepper Hummus
- Trader Joes Salsa
- Tostitos Chunky Salsa

Snack Recipes

SWEET POTATO STICKS

Ingredients:

1 Sweet Potato, Large, Washed
Spike or Mrs. Dash Seasoning

Directions:

Cut sweet potato into 1/2-inch-thick strips about 3 inches long. Place evenly on a lightly oil-sprayed baking sheet. Lightly spray the potato sticks using the nonstick spray if desired. Sprinkle with Spike or Mrs. Dash seasoning and salt if desired. Bake in oven at 400 degrees F for 20 minutes or until crispy brown.

Yield: 4 Servings

LOW FAT GUACAMOLE

Ingredients:

1 cup fresh or frozen green peas
1/2 cup mild salsa
1 ripe avocado
1 green onion, thinly sliced
1/2 tsp ground cumin
1 garlic clove, minced or pressed
3 tablespoons fresh lemon juice, or to taste
1/4 teaspoon black pepper and salt to taste
1 tablespoon finely chopped fresh cilantro (optional)

Directions:

If using fresh or frozen peas, blanch peas by placing them in boiling water for two minutes to soften. Drain peas and immediately shock with cold water to prevent further cooking. Place in either a mixing bowl or food processor. Cut the avocado in half from stem to bottom. Remove the pit and use a spoon to scoop out the in- side. For a chunky guacamole, mash avocado and peas together using a potato masher or fork. If a creamy texture is desired, use a food processor. Mix in the rest of the ingredients add salt and pepper to taste.

Yield: 10 Servings

PUMPKIN BEAN DIP

Ingredients:

1 glove garlic, chopped.
1/2 cup pumpkin
1 tsp ground chili paste
1/4 tsp cumin
1 can white beans
1 tsp rice wine vinegar
1/2 tsp chili powder
1/4 tsp thyme

Directions:

Place all ingredients in a food processor and pulse until the beans are smooth and creamy. Serve with vegetables or baked, whole grain pita chips.

Yield: 8 Servings

BLUEBERRY LIME SALSA

Ingredients:

1 cup blueberries
1/4 red onion, chopped
Juice of 2 limes
1/2 avocado, chopped
1/3 cup strawberries
1 t. lime zest
1/3 cup cilantro leaves
Pepper, if desired

Directions:

Lightly blend blueberries, strawberries, onions, lime juice, lime zest and cilantro leaves in a food processor until desired consistency. Transfer salsa to a bowl and mix in chopped avocado. Season with pepper as desired.

Yield: 2T (Makes 1.5 Cups)