



# A DIETITIAN'S GUIDE TO HEALTHY SNACKING

20 WAYS TO SATISFY YOUR SALTY, SWEET, & CRUNCHY CRAVINGS.

**FIU**  
Student Affairs  
Healthy Living Program



# SALTY SNACKS

## Ingredients:

1/4 cup of hummus  
10 carrots sticks

## Nutrition facts:

Kcal: 150  
Fat: 10g  
Carbs: 14g  
Fiber: 5g  
Protein: 4g

## CARROTS + HUMMUS



Image source: The Spruce Eats

5 grams of filling fiber!  
(which makes it a satiating snack)

## Ingredients:

(for one skewer)

4 Cherry or grape tomatoes  
1 inch pieces of Romaine lettuce  
3 small Mozzarella balls  
Basil

1 teaspoon

balsamic glaze

## Instructions:

Skewer tomatoes, lettuce basil & mozzarella balls.

Sprinkle with some salt & pepper.

## Nutrition Facts:

(for 1 skewer)

Kcal: 200, Carbs: 8 g  
Fat: 13 g, Fiber: 0  
Protein: 18 g

## CAPRESE KABOBS



Image source: Luv Cooks

## Ingredients:

1/2 cup of 2% low fat cottage cheese  
1 tablespoon of flaxseeds or nuts

## Nutrition facts:

Kcal: 150  
Carbs: 7g  
Fats: 17g  
Protein: 16g  
Fiber: 3g

## COTTAGE CHEESE + FLAXSEED



Image source: Getty Images

## Ingredients + Instructions:

1/2 medium ripe Haas avocado  
2 tablespoon of salsa  
1 teaspoon of light sour cream  
1/2 teaspoon of lemon juice  
10 whole grain crackers

Combine all ingredients in a food processor or using the back of a fork to mash avocado.

## Nutrition facts:

Kcal: 336  
Fat: 17g  
Carbs: 35 g  
Fiber: 10 g  
Protein: 3 g

## WHOLE GRAIN CHIPS + GUAC



Image Source: Dinner, then dessert

## Did you know?

Avocados are full of good fats and antioxidants!

## Instructions:

1. Combine Yogurt with lime juice and add chopped dill. 2. Sprinkle with salt and pepper and refrigerate for at least one hour.

3. Dip veggies for a delicious Greek style snack!

## Ingredients:

Greek Yogurt, plain, fat free

Juice from one lime

Dill or cilantro

Salt and Pepper

Your favorite raw

veggies like

red pepper

strips or celery

## Nutrition Facts:

Kcal: 133, Fat: 0g  
Carbs: 17g,  
Fiber: 5 g  
Protein: 15 g

## YOGURT + VEGGIES



Image Source: Healthy Families bc

# SALTY SNACKS CONT.

## Ingredients:

Celery stalk  
Red pepper hummus or plain hummus  
Sunflower or pumpkin seeds

## Instructions:

Fill celery stalks with hummus & top with seeds.

## Nutrition Facts:

Kcal: 57, Protein: 2 g  
Carbs: 4 g, Fat: 4 g  
Fiber: 1 g

Or try peanut butter on your celery!

## ANTS ON A LOG



Image Source: Parents Magazine

## Nutrition facts:

Kcal: 177, Carbs: 3g  
Fat: 5g, Protein: 15g,  
Fiber: 0g

## Ingredients:

4 turkey slices  
4 teaspoons of cream cheese  
Strips of cucumber  
Slices of tomatoes

## Instructions:

Place turkey slices on a plate and spread 1 teaspoon of cream cheese on each. Top with a thin slice of cucumber and slice of tomato. Roll up and use a toothpick to keep intact.

## TURKEY ROLL UPS



Image Source: Diabetic Living

Try adding whole grain crackers for added fiber

## NACHOS IN A MUG

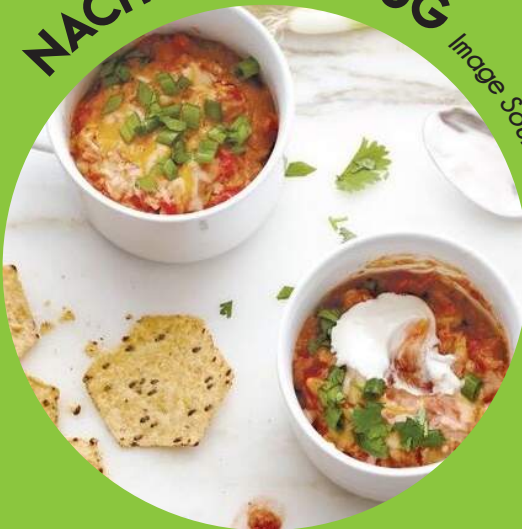


Image Source: Spoon University

## Instructions:

Spray the mug with cooking spray. In a small bowl, stir together the beans and salsa. Place 5 chips in the mug and top with a third of cheese and half the bean salsa mixture. Top with another layer. Microwave covered for 1 minute and thirty seconds. Top with Avocado

## Ingredients:

Nonstick cooking spray  
½ cup canned refried beans  
3 tablespoon salsa  
10 tortilla chips  
3 tablespoon shredded Mexican cheese blend  
1/4 avocado diced

## Nutrition facts:

Kcal: 450  
Fat: 21 g  
Carbs: 40 g  
Fiber: 11.5 g  
Protein: 23 g

# SWEET SNACKS

## Ingredients:

- 1 cup of Greek yogurt
- ½ cup of kashi cereal
- ½ cup of blueberries or blackberries

## Nutrition facts:

- Kcal: 259
- Fat: 3 g
- Carbs: 23 g
- Fiber: 5 g
- Protein: 23 g

## GREEK YOGURT PARFAIT

Image source: Tasty Kitchen



## BAGEL + BANANA + NUT BUTTER

Image source: John Meyer Flickr



## Nutrition facts:

- Kcal: 280
- Fat: 9 g
- Carbs: 35 g
- Fiber: 5 g
- Protein: 9 g

## Ingredients:

- 1/2 bagel
- 1 tablespoon of peanut butter (or any other nut butter)
- 1/2 banana, sliced

## Ingredients:

- 1 tablespoon of chia seeds
- 1 cup of milk (almond, cashew, coconut or dairy)
- Vanilla Protein powder

## Instructions:

Whisk all ingredients together in a glass jar and let sit for at least one hour refrigerated to allow seeds to absorb the liquid. Top with fruit and walnuts or sliced almonds

## CHIA SEED PUDDING

Image source: The Roasted Root



## Nutrition facts

- Kcal: 234
- Fat: 8.5g
- Carbs: 17g
- Fiber: 5g
- Protein: 21g

## Did you know?

Chia seeds are an excellent source of omega-3 fatty acids, protein and fiber.

## Did you know?

Cheese is a great source of protein and calcium

## FRUIT + CHEESE

Image source: Pinterest



## Ingredients:

- Individually wrapped cheese (cheddar or provolone)
- Fruit: apple or dried fruit like apricots or freeze dried apples.

Or try pairing apples with peanut butter for another sweet & savory option!

## Nutrition facts:

- Kcal: 180
- Fat: 6g
- Carbs: 23g
- Fiber: 5g
- Protein: 7g

Image Source: HEB



Ingredients:

Strawberries  
Low fat plain or  
vanilla greek  
yogurt

Instructions:

1. Dip  
strawberries  
in yogurt and  
place on a plate with  
preferably wax paper.

2. Freeze the strawberries for at least  
one hour.

Nutrition Facts:

(for about 8 strawberries)

Kcal: 110, Fat: 1g, Carbs: 20g

Fiber: 3g, Protein: 5g,

# YOGURT COVERED STRAWBERRIES



Image Source: Yoga Fit Studios



Try yogurt  
covered +  
granola dipped  
bananas too!

# NUTELLA ENERGY BITES



Image Source: Simple Green Moms

Ingredients:

2 cups quick oats  
1 cup shredded  
coconut  
1/4 cup chia  
seeds  
1/2 cup honey  
1/2 cup Nutella

Instructions:

1. Mix the dry ingredients in a bowl. 2. Add honey  
and Nutella. 3. Use hands to scoop and form one  
inch balls.

Nutrition facts

For one serving (2 bites): Kcal: 180, Carbs: 15g,  
Fat: 9g, Fiber: 5g, Protein: 7g

Ingredients:

1/2 cup of coconut water  
2 cups of stemmed & chopped kale  
1 ripe banana  
1 cup of chopped pineapple  
(optional) Ice for thicker smoothies

Instructions:

Blend all ingredients in a  
blender adding water  
and ice to reach  
desired consistency

Nutrition facts:

Kcal: 251  
Carbs: 60g  
Fat: 0.5g  
Fiber: 9g  
Protein: 4g

# KALE SMOOTHIE



Image Source: Food Viva

**SWEET  
SNACKS  
CONT.**

# CRUNCHY SNACKS

## Did you know?

3 cups of popcorn provides you with 1 of the 3 recommended daily servings of whole grains.

## POPCORN



Image Source: Simply Recipes

### Ingredients:

3 cups of microwavable air popped popcorn  
Season with salt and pepper  
3 tablespoons grated cheese

### Nutrition Facts:

Kcal: 136, Fat: 4g, Carbs: 18g,  
Fiber: 4g, Protein: 6.8g

## HOMEMADE POTATO CHIPS



Image Source: Sift, Sift, and Savour

### Ingredients:

Banana chips  
Peanut butter chips  
Peanuts  
Almonds  
Dark chocolate chips

### Nutrition facts:

Kcal:150,Fat:7g, Carbs:10g,  
Fiber:3g,Protein:4g

\* Trail mix can pack a hefty caloric punch, so keep serving sizes at a quarter cup or less.

Image Source: Homemade for Elle

## HOMEMADE TRAIL MIX



### Ingredients:

2 russet potatoes  
1 tablespoon parmesan cheese  
½ tablespoon black pepper  
½ tablespoon salt  
½ tablespoon garlic powder

### Instructions:

1. Slice potatoes into 1/16 of an inch thick (paper thin). 2. Place on a microwave safe dish with sprayed with cooking spray. 3. Sprinkle with Parmesan, garlic powder, salt and pepper. 4. Microwave on high for 10 minutes.

## WANT TO KNOW MORE ABOUT HEALTHY EATING?

Come see us for a nutrition consultation, take a look at our other nutrition resources, or

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**Disclaimer:** Nutrition facts were calculated using a database, many databases will have amounts that may vary according to their algorithms. These nutrition facts are estimates only. Exact nutritional values will vary depending on many factors like brand, amount used, how each product was processed, and if there are any added seasonings/ingredients.