

Healthy Snacking

Learn More About Cancer And Nutrition: [Chat with Us](#) | [Email Us](#)

Between meal snacking may be necessary if you are losing weight, a diabetic, or on medication that increases your appetite. Although the easiest choices for a snack may be concentrated fruits and juices because they satisfy quickly; they have a tendency to contribute to lowered blood sugar later on. This can leave you feeling light headed and fatigued. Instead, choose a combination of complex carbohydrates and proteins to ensure staying power. Here are 20 great (and easy!) snack suggestions. Take your pick and then try them all! Who said snacking had to be boring?

1. Low fat bran muffin
Fruited low fat yogurt
2. Fresh berries in season
Soy milk
3. Bananas
Pistachios
4. Goat cheese
Endive and tomato
5. Apple wedges
Raw almonds
6. Wheat tortilla
Mashed pinto beans
7. Buckwheat mini pancakes
Plain low fat yogurt
8. Rye wafers
Sesame butter
9. Dried mixed fruit
Sunflower seeds
10. Wheat tortilla
Tofu cheese
11. Fresh veggies
Low fat yogurt dip
12. Rice cakes
Peanut butter
13. Graham squares
Carob flavored soy milk
14. Low fat granola w/walnuts
Dried pineapple chunks
15. Grapefruit sections
Hard boiled egg

16. Low sodium V-8 juice
Wheat bagel w/low fat cheese
17. Apple rings
Peanut butter
18. Harvest grain & nut bread
Fresh fruit cup
19. String cheese
Seven grain bread

by Kim Dalzell, PhD, RD, LD

Excerpt from: *Challenge Cancer and Win!*