



Healthy Snack Suggestions

100-200 Calories

1 ounce part-skim or reduced-fat **cheese** and a serving of whole grain **crackers** such as Nabisco® Triscuit, Ak Mak® Stone Ground Sesame, Crunchmaster®, or Organic Mary's Gone Crackers®

½ cup high fiber or whole grain **cereal** like Kashi GO® Original, General Mills Original Cheerios®, or plain shredded mini wheats, with 1-2 tablespoons nuts or seeds. Try adding a sprinkle of cinnamon!

6 ounce plain **Greek yogurt**, with 2-4 tablespoons whole grain cereal, granola, 1-2 tablespoons nuts, or 1 serving fruit

1/2 cup low fat **cottage cheese**, with 1/2 cup berries, or diced tomatoes with basil and black pepper

1 hard boiled **egg** or **tuna** pouch (2.5 ounce) with ½ -1 serving of whole grain crackers

1/4 cup **hummus** or **guacamole** with carrot, celery sticks, or pepper slices

3-6 cups **air-popped popcorn**, or a single serving of reduced fat popcorn such as Angies® Boomchickapop, Skinny Pop®, or light microwave popcorn

½ cup natural or unsweetened **applesauce**, with 1-2 tablespoons chopped nuts

¼ cup **nuts** or **seeds** of any kind, as long as you can control the portion size!

1 serving whole grain **tortilla chips**, such as Late July®, with salsa (try Trader Joe's® No Added Salt, Fire Roasted Salsa)

1 slice toasted whole wheat **bread** or ½ whole grain **English muffin**, with 1 tablespoon peanut butter, sunflower, or almond butter or, 1 ounce cheese

Snack bar, such as a Kashi Go®, Kashi® TLC, Kind®, RXBAR® or Nature Valley® Crunchy Granola Bar: with preferably less than 225 calories, at least 3 grams of fiber, and 4 grams of protein. The less saturated fat and added sugar the better!

1 serving reduced-sodium **soup** (less than 600 mg. per cup), such as Amy's® Lentil Vegetable, Trader Joe's® Hearty Minestrone, or Progresso™ Southwest Style Black Bean and Vegetable, plus 1/2 serving **crackers**

1 tablespoon **peanut** or **nut butter** with a small apple or celery sticks

1/2-1 cup **vegetables**, such as carrots, cherry tomatoes, cucumbers, or sugar snap peas, with 1-2 tablespoons reduced-fat ranch dressing or tzatziki sauce

Edamame: 1/3 cup dry roasted, 1 cup in the pods, or ½ cup shelled

1 serving (28 grams) roasted broad **beans**, fava bean crisps such as Enlightened®, baked green **peas** such as Trader Joe's® Contemplates Inner Peas, or The Good Bean's crunchy Sea Salt Chickpeas

Reminder: Read nutrition labels for appropriate serving sizes.



MARY'S NOTES

Whether you choose non-, low-, or **full fat dairy products**, it's your preference. Evidence based nutrition studies are still pointing to the benefits of limiting total saturated fats as part of a heart healthy dietary pattern. The portion sizes, frequency, and balance within the day and weeks is what matters most!!

I do recommend **watching portion sizes** of even the good fats such as nuts, nut butters, seeds, olive oil, salad dressings, and avocado. Even though these are "heart healthy" fats they are not necessarily "weight friendly."

1 ounce nuts or seeds (about ¼ cup) = 160-200 calories

1 tablespoon peanut butter = 90 calories

1 tablespoon olive, canola or avocado oil = 120 calories

1 tablespoon full fat salad dressing usually = 80 or more calories

1 tablespoon full-fat mayonnaise = 100 calories

1 medium avocado = 234 calories

As often as you can, **choose whole, unprocessed foods**. The fewer the ingredients the better! Be especially careful with added sugars and fat, especially saturated fat. Read food labels to see what a "usual portion" size is.

The **sodium** content of food is also a consideration. The *Dietary Guidelines for Americans* recommends limiting sodium intake to less than 2,300 mg per day. To enhance flavor without salt, season with more dried and fresh herbs, lemon, lime, garlic or onion powder, pepper, and try salt-free blends. Horseradish and vinegar are low in sodium and can add a lot of flavor. Reduced-sodium soup or broth containing less than 600 milligrams per 8 ounce serving is preferred.

You can also try **growing your own herbs and vegetables** and may want to consider an indoor hydroponic garden kit such as Aerogarden®.

According to the American Heart Association and American College of Cardiology, healthy individuals can eat **eggs** as part of a healthy dietary pattern, however, in order to keep your dietary cholesterol intake low, they recommend no more than one whole egg per day.

1 whole egg = 2 egg whites = 1/4 cup egg substitute

One **fruit** serving is equivalent to 1 small piece of fresh fruit (¾ to 1 cup), ½ medium banana, 17 small grapes (3 ounces), 1 cup melon or berries, ½ cup canned or frozen fruit, 2 tablespoons of dried fruit (blueberries, cherries, cranberries, raisins) or ½ cup fruit juice

