



the EXTREME snack makeover

Old Snack – Granola bars

- They're filled with sugar & many have lots of trans fats (not the heart healthy kind of fat)!

Snack Makeover – Nuts, seeds or trail mix

- Why it works? Nuts are a great source of protein! Plus Some nuts (like walnuts) & many seeds contain Omega 3 fatty acids, which are heart healthy & important for brain development.
- Serving size: 12 almonds, 24 pistachios, 7 walnut halves, 1/2 ounce of seeds

Old Snack – Chips or “snack bags”

- They're high in calories, high in fat, & not very nutritious!

Snack Makeover – Whole grain crackers & low fat cheese

- Why it works? The whole grain crackers are satisfying & contain fiber; the cheese is a great source of protein, calcium, & vitamin D.
- Serving size: approximately 5 crackers is one grain serving (be sure to check the label on your box); 2 slices of cheese or 1 string cheese stick is a serving of dairy

Old Snack – Ice cream

- It might be “yummy” but it is loaded with fat & sugar and is not the best way to re-fuel from a full day of school!

Snack Makeover – Greek yogurt topped with berries

- Why it works? Greek yogurt is a rich, creamy, non-fat alternative to ice cream and has twice the protein of regular yogurt! Top it off with berries for a sweet, fiber-filled treat!
- Serving size: 1 regular container of yogurt (or 1 cup) & 1/4 cup berries (remember you can use frozen berries that you thaw!).

Old Snack – Cookies

- Who hasn't come home from school and munched on a hand-full of Chips Ahoy cookies? Three of these cookies has 190 calories & 8g of fat!

Snack Makeover – Sliced apple & peanut butter

- Why it works? The apple is high in fiber, while the peanut butter is a great source of protein.
- Serving size: 1 small apple & 2 tbsp. peanut butter

Old Snack – Bagel & cream cheese

- These days, bagels come super-sized & while fat-free or low-fat cream cheese is a good snack, the high-carb, high-calorie bagel isn't the best choice!

Snack Makeover – Baby carrots & hummus

- Why it works? The carrots have fiber plus tons of vitamins. The hummus is high in protein. This healthy combo will really help you feel full!
- Serving size: 1 cup (about 6-8 baby carrots) & 2 tbsp hummus

Old Snack – Soda

- Do we even need to say it? :-)

Snack Makeover

European soda made with 100% juice and sparkling water

- Why it works? The juice has vitamins & sparkling water is calorie free!
- Serving size: 4 oz of juice & 8 oz of sparkling water

Calorie-free flavor (like Crystal Light) & water

- Why it works? You need to drink lots of water & flavoring your water with a calorie-free mix is a great way to increase your water intake. Plus, it comes in lots of flavors!
- Serving size: most brands come in individual servings and you can add one small packet to 16 oz of water

Low-fat or fat-free hot chocolate

- Why it works? Most hot chocolate packs are a low-fat treat that satisfy your sweet tooth & help you fit in another serving of milk!
- Serving size: 1 packet with 8 oz of milk

Other healthy snack ideas:

- “Ants on a log” (celery sticks with peanut butter & 2-3 raisins sprinkled on top)
- Banana roll-up (spread 1 tbsp. peanut butter on a small whole wheat tortilla, place a peeled banana on top, & roll it up)
- Fruit kabobs (cut up a variety of fresh fruit like melon & apples, place on a skewer & sprinkle with cinnamon)
- Frozen grapes
- Turkey wrap (1-2 slices of turkey breast lunch meat, lettuce, 1 oz shredded cheese rolled in a whole wheat tortilla)
- Fruit & yogurt smoothies

- Popcorn (believe it or not, this is whole grain!)
- Pretzels
- Whole wheat bagel with peanut butter
- Low fat cottage cheese with fresh fruit
- Whole grain flat bread with hummus and pepper strips

