



Healthy Snack Ideas for Programs

SMOOTHIE RECIPE

1 banana
1 cup of strawberries
1/3 cup of blueberries
1 cup of low-fat milk/or soy beverage/or
100% fruit juice
½ cup of low-fat yogurt
Ice cubes (if desired)

Blend together and serve cold!

Food

Healthy snacks¹ can be delicious and fun, especially if presented in a creative way. Consider the following:

- Carrot slices apple and orange slices
- Watermelon
- Blueberries
- Mandarin oranges
- Bananas
- Cucumber slices
- Broccoli
- Kiwi
- Sliced peppers
- Cherry tomatoes
- Grapes

Or how about:

- Unsweetened apple sauce
- Yogurt (single serving)
- Cheese (single serving)
- Sliced whole grain bagels

Drinks

- Bottled water
- Milk (plain or flavoured)
- Fruit smoothies

¹ For snack recipes and more ideas see: www.dietitians.ca.