

## Cougar Healthy Snack Ideas

Instead of wasting calories on foods with no value, make these treats count toward good nutrition:

- Microwave popcorn
- Pre-cut veggies with low fat dip
- Low fat yogurt
- Pimento cheese on crackers
- Granola/cereal bars
- Cottage cheese and fruit
- Pudding
- Low fat cheese and crackers
- Graham crackers and peanut butter
- Rice Krispie treats
- Fruit and yogurt smoothie
- Jell-o with fruit
- Fresh fruit (bananas, apple slices, berries)
- Fruit cup (100% natural)- Frozen grapes

Or, try some of these other Snack Ideas

- Make individual serving sizes of nuts, pretzels, popcorn, dry cereals (ex. Chex)
- 1 regular pudding cup (1/2 cup) + 1 banana
- 1 Nature's Valley Granola Bar + 1 cup applesauce
- 1 Tbsp Peanut Butter + 1 Rice Krispie Treat Bar
- 1 pack Fig Newtons (2 cookies) + 4 oz yogurt
- 1 Nature's Valley Granola Bar/Trail Mix bars
- 1 Tbsp Peanut Butter + 4 graham cracker squares
- 1 Nutrigrain bar +1 cup dried fruit (examples: raisins, apricots, or banana chips)
- 1 medium apple + 2 Tbsp peanut butter
- 1 cup celery sticks + 2 Tbsp peanut butter + 1 cup raisins
- 1 cup trail mix/Chex mix (or try making your own: try including pretzels, dry cereal such as Chex or Cheerios, nuts, dried fruit)
- 1 cup peanuts/almonds/cashews
- 1-6 pack peanut butter cookies or crackers
- 1 Tbsp peanut butter + 1 Chewy granola bar or 1 cup animal crackers
- 1 snack bag of Teddy grahams + 1 cup applesauce
- Luna Bar/Pria Bar/Cliff/Power Bar
- 8 oz. Dannon Fusion (yogurt drink)

**Drinks:**

- Water
- 100% Fruit Juices
- Gatorade
- Powerade
- Low fat, Skim Milk, Fat Free Milks (any flavor)

***AVOID:***

- Sodas (Regular and Diet)
- Sweet Tea
- Coffee
- Energy Drinks (Red Bull, Monster, NOS, etc.,)
- Frozen Slushy