

Healthy Office Snacks

Snacks can fit into a healthy eating plan and provide an energy boost between meals if they're planned right. Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving.

<p>DIY Trail Mix (1/4 cup)</p>  <p><i>**Combine whole grain cereal with unsalted nuts/seeds & unsweetened dried fruit.</i></p>	<p>Air-Popped Popcorn (3 cups)</p> 
<p>Medium Apple & 1 tbsp of Nut Butter</p> 	<p>Whole Grain Crackers with Light Tuna</p> 
<p>Grapes and Low-Fat Cheese</p> 	<p>Yogurt Parfait</p>  <p><i>**Layer 6oz of fat-free yogurt with 1/2 cup fresh fruit, sprinkled with 1/4 cup low-fat granola.</i></p>
<p>Low-Fat Cottage Cheese with Raw Vegetables</p> 	<p>Whole Wheat Pita with 2 tbsp of Hummus</p> 