

# Smart Snacking for a Healthy Lifestyle

We've all experienced the power of refueling with a snack. Choosing nutritious snacks can help increase the odds that you're getting the daily servings from the food groups. Milk contains a powerful nutrient package of nine essential nutrients and low-fat and fat-free dairy foods are fundamental to all of the healthy eating styles in the 2015-2020 Dietary Guidelines for Americans.<sup>1</sup> Here are delicious smart snacking ideas.



**Milk**



**Cheese**



**Yogurt**

## **Rise and Shine**

Get a mid-morning boost with a glass of fat-free milk and sliced peaches.

## **Strawberry-sicles**

Mix low-fat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

## **Flavor on-the-Fly**

Fat-free flavored milks are perfect anywhere you go, just take, shake, and sip!

## **Choco-Raspberry Chug**

Blend a cup of fat-free milk with frozen raspberries and sweetened cocoa.

## **Sweet Milk Steamer**

Microwave a cup of low-fat milk and honey.

## **Banana Split Blenders**

Blend low-fat strawberry milk with banana slices and ice.

## **Morning Mocha**

Mix a cup of low-fat milk with a teaspoon of instant coffee and sweetened cocoa.

## **A Sip of Spice**

Warm a cup of fat-free milk and mix with Chai tea to warm up the afternoon.

## **Graham Dunk**

Dip a few graham crackers into a cold glass of low-fat milk.

## **Salsa Roll-Up**

Roll low-fat Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.

## **Cheddar Crunch**

Mix 1/2 cup low-fat Cheddar cheese shreds with popcorn and pretzels.

## **Veggie Wraps**

Wrap low-fat Colby Jack cheese around spears of asparagus.

## **Cherry Tomato Crunchers**

Top wheat crackers with low-fat Mozzarella cheese and cherry tomatoes.

## **Cheese & Crackers**

Layer low-fat American cheese and smoked turkey onto crackers.

## **Seafood Spread**

Mix canned salmon or crab with Ricotta or low-fat Mozzarella cheese and eat on pita wedges.

## **Zesty Tostada**

Top a tostada with fat-free refried beans and low-fat shredded Pepper Jack cheese.

## **Chicken Melt**

Melt a slice of low-fat Colby Jack cheese over canned chicken on an English muffin.

## **Tropical Smoothie**

Blend fresh orange slices with low-fat strawberry yogurt and ice.

## **Cucumber Salad**

Mix diced cucumber with a cup of low-fat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat pita wedges.

## **Mango Mixer**

Enjoy a tropical treat by blending mango, plain fat-free yogurt and a splash of pineapple juice.

## **Parfait Pleaser**

Layer granola and fresh fruit with your favorite low-fat yogurt.

## **Simple Shortcake**

Try pieces of angel food cake with a cup of low-fat strawberry yogurt for a heavenly treat.

## **Berry Blast**

Mix fat-free blueberry yogurt with fresh blueberries or raspberries.

## **Go Nuts**

Top low-fat yogurt with a few crushed pecans and cinnamon.

## **Honey Fruit Dip**

Mix fat-free yogurt with a dollop of honey for a sweet fruit dip.