



# HEALTHY SNACK LIST

NO MORE BLOOD SUGAR  
SPIKES

# SALTY

- OLIVES
- SEAWEED CHIPS
- PICKLED VEGETABLES  
LIKE CUCUMBERS OR  
CARROTS
- STEAM VEGETABLES  
WITH TAMARI SAUCE
- SAUERKRAUT
- WHOLE GRAIN TORTILLA  
CHIPS AND SALSA OR  
GUACAMOLE
- SALTED EDAMAME
- SMALL AMOUNT OF  
ORGANIC HARD CHEESE
- POPCORN
- KALE CHIPS
- LIGHTLY SALTED NUTS  
LIKE CASHEWS, PEPITAS,  
OR PEANUTS
- ROASTED CHICKPEAS
- HARD-BOILED EGGS

# SWEET

- FRESH, WHOLE FRUIT
- ORGANIC YOGURT WITH NATURALLY SWEETENED GRANOLA
- APPLES WITH NUT BUTTER
- WHOLE GRAIN BREAD OR CRACKERS WITH LOW-SUGAR JAM
- BANANA BREAD
- ENERGY BALLS
- “ONLY-FRUIT” POPSICLES/ICE CREAM
- DRIED FRUIT WITH NO ADDED SUGAR (RAISINS, DATES, MANGO, BERRIES)
- FRUIT BARS WITH NO ADDITIONAL INGREDIENTS
- SWEET OATMEAL WITH FRUITS, NUTS, CINNAMON, AND/OR MAPLE SYRUP OR HONEY
- FRESHLY SQUEEZED FRUIT JUICE
- SWEET POTATO FRIES
- WAFFLES
- PANCAKES
- ORGANIC DARK CHOCOLATE CHIPS
- HOT COCOA NATURALLY SWEETENED

# CRUNCHY

- WHOLE GRAIN CORN TORTILLA CHIPS, WHOLE GRAIN CRACKERS, RICE CRACKERS, OR WHOLE GRAIN TOAST, DIP IT IN HUMMUS
- APPLES
- FROZEN GRAPES
- PRETZELS
- CELERY OR CARROTS WITH NUT BUTTER
- A HANDFUL OF NUTS
- BAKED SWEET POTATO OR OTHER VEGGIE CHIPS
- APPLE CHIPS

# CREAMY

- SMOOTHIES
- ORGANIC (NON-DIARY IF PREFERABLE) YOGURT WITH NO SUGAR ADDED
- AVOCADOS
- CHIA SEED, AVOCADO/CHOCOLATE, OR RICE PUDDING
- PUREED SOUPS LIKE CARROT OR SWEET POTATO SOUP
- BABA GHANOUSH AS A DIP
- BANANAS
- MASHED SWEET POTATOES
- COCONUT MILK (IN ICE CREAM, PUDDING OR SMOOTHIE)