

Super-fast Choose Your Own Adventure Snacks

Need healthy snacks in a hurry? No problem! Simply choose one item from each column to choose your own snack adventure. These even work great with a crowd — put ingredients out on a plate or platter and tell them to have at it! No stress and almost no cleanup.

Choose 1 food from each column to complete your snack

High-fiber carbs	Lean Protein	Healthy Fat
½ - 1 cup sliced fruit or berries	½ cup 2% plain Greek yogurt	1 tablespoon of nuts
½ - 1 cup chopped fruit	½ cup plain cottage cheese	1 tablespoon of slivered almonds
1 ounce of whole grain crackers	1-2 ounces of tuna	½ tablespoon of mayo
½ whole grain pita	1 sliced hard-boiled egg	1 tablespoon of mashed avocado
1 ounce of whole grain crackers	2 ounces of low sodium deli meat	½ ounce of light, low sodium cheese
4 ounces carrot, celery, or red pepper slices	1 hard-boiled egg	2 tablespoons of hummus