

---

# Your Guide to Healthful Snacking

Provided by Kimberly Dalzell, PhD, RD, LD, Program Director, Holistic Nutrition Services  
Author of *Challenge Cancer and Win! Step-by-step nutrition action plans for your specific cancer*  
For more information: [www.challengecancer.com](http://www.challengecancer.com)

---

Between meal snacking may be necessary if you are losing weight, a diabetic, or on medication that increases your appetite. Although the easiest choices for a snack may be concentrated fruits and juices because they satisfy quickly; they have a tendency to contribute to lowered blood sugar later on. This can leave you feeling light headed and fatigued. Instead, choose a combination of complex carbohydrates and proteins to ensure staying power. Here are 20 great (and easy!) snack suggestions. Take your pick and then try them all! Who said snacking had to be boring?

- |  |  |
|--|--|
| #1 Pumpernickel bread<br>Low fat cottage cheese    | #11 Wheat tortilla<br>Tofu cheese                        |
| #2 Low fat bran muffin<br>Fruited low fat yogurt   | #12 Fresh veggies<br>Low fat yogurt dip                  |
| #3 Fresh berries in season<br>Soy milk             | #13 Rice cakes<br>Peanut butter                          |
| #4 Bananas<br>Pistachios                           | #14 Graham squares<br>Carob flavored soy milk            |
| #5 Goat cheese<br>Endive and tomato                | #15 Low fat granola w/walnuts<br>Dried pineapple chunks  |
| #6 Apple wedges<br>Raw almonds                     | #16 Grapefruit sections<br>Hard boiled egg               |
| #7 Wheat tortilla<br>Mashed pinto beans            | #17 Low sodium V-8 juice<br>Wheat bagel w/low fat cheese |
| #8 Buckwheat mini pancakes<br>Plain low fat yogurt | #18 Apple rings<br>Peanut butter                         |
| #9 Rye wafers<br>Sesame butter                     | #19 Harvest grain & nut bread<br>Fresh fruit cup         |
| #10 Dried mixed fruit<br>Sunflower seeds           | #20 String cheese<br>Seven grain bread                   |