

# **POWER SNACKING IDEAS**

**“Tip for Living Well”**

**By Pamela M. Smith, R.D**

**For simple re-fueling stops, take note of these energy-packed Power Snacks:**

**\*Whole grain crackers or Raisin Squares with low-fat cheeses (like string cheese, part skim mozzarella, or Laughing Cow Lite).**

**\*Half a lean turkey or chicken sandwich.**

**\*Plain, lowfat yogurt blended with fruit or all fruit jam.**

**\*Whole grain cereal with skim milk.**

**\*Baked low-fat tortilla chips with fat-free bean dip and salsa.**

**\*Health Valley graham crackers with natural peanut butter.**

**\*Popcorn sprinkled with parmesan cheese.**

**\*Half a small, whole-wheat bagel or English muffin with 2 Tbsp. light cream cheese.**

**\*Fruit Shake: skim milk blended with frozen fruit and vanilla.**

**\*Trail Mix: 1 cup unsalted dry roasted peanuts, 1 cup unsalted dry roasted (shelled) sunflower seeds, and 2 cups raisins. Use in 1/4cup portions.**

**For more snacking ideas and power-packed recipes, visit [www.pamsmith.com](http://www.pamsmith.com).**