




## Healthy Office Snacks

*Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. For people who are less active, snacks should be 200 calories or fewer. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving.*

<p><b>DIY Trail Mix (1/4 cup)</b></p>  <p><i>**Combine whole grain cereal with unsalted nuts/seeds &amp; unsweetened dried fruit.</i></p>	<p><b>Air-Popped Popcorn (3 cups)</b></p> 
<p><b>Medium Apple &amp; 1 Tbsp. of Nut Butter</b></p> 	<p><b>Whole Grain Crackers with Light Tuna</b></p> 
<p><b>Grapes and Low-Fat Cheese</b></p> 	<p><b>Yogurt Parfait</b></p>  <p><i>**Layer 6oz of fat-free yogurt with 1/2 cup fresh fruit, sprinkled with 1/4 cup low-fat granola.</i></p>
<p><b>Low-Fat Cottage Cheese with Raw Vegetables</b></p> 	<p><b>Whole Wheat Pita with 2 Tbsp. of Hummus</b></p> 