A healthy snack offers a balance of fiber, protein and healthy fat, and is low in calories. Choosing healthy snacks is important because they help you avoid blood sugar surges and crashes, keeping levels stable enough to provide consistent energy throughout the day.

Try a bowl of cubed mangos or peaches, dusted with cinnamon. To save time, thaw frozen fruit in a bowl, stir in a teaspoon of cinnamon, and enjoy.

Berries are a great treat – high in antioxidants, low in sugar. Try one cup of frozen blueberries with 2-3 tablespoons lemon- or vanilla-flavored yogurt on top. The frozen berries ‘freeze’ the yogurt, making a delicious, cooling dessert.

Who doesn’t love strawberries and cream? Rather than Cool Whip® Whipped Topping, which contains partially hydrogenated oil, a small squirt of Reddi-wip® won’t add a lot of calories, yet adds enough flavor for a dessert-like treat.

Make your own hot cocoa mix by heating skim milk, then adding a teaspoon of unsweetened cocoa powder and a pinch of stevia (a natural, no-calorie sweetener). Avoid pre-mixed packets, which contain artificial sweeteners and trans fats.

A sweet potato is a high-fiber, antioxidant-rich treat that’s sweet enough on its own, and even more scrumptious with a touch of cinnamon or nutmeg.

Spread 2 tablespoons of soy nut butter on a slice of whole wheat toast, or apple or banana slices.
Munch on two mozzarella cheese sticks with Triscuit® Thin Crisps or an apple. Frigo™ Light brand contains 60 calories and 9 grams of protein per cheese stick.

Roasted soy nuts or soy crisps can be found in a wide variety of flavors at most grocery stores. Opt for lightly salted.

Edamame (soy beans) contain 22 grams of protein per cup and are available in your store’s frozen food section, shelled or in their (inedible) pods. Boil a few minutes in salted water and serve.

High-fiber bars taste great, are filling and contain at least 6 grams of fiber. Healthy choices include Gnu’ Foods Flavor & Fiber bars (with an impressive 12 grams of fiber – almost half the Recommended Daily Value), Larabar®, Clif® Nectar Bars and Luna® Bars.

Kashi Go Lean® cereal is not only a great breakfast choice but is also a convenient on-the-run snack. Just toss a cup or so in a plastic zip-lock bag and go.

One of your child’s favorite snacks, ants on a log – celery sticks filled with peanut butter and raisins – is good for you, too.

Low-fat cottage cheese mixed with Knorr® vegetable soup mix can be used as a dip for crudités or whole wheat pita crisps. Turn up the heat with red pepper flakes or hot sauce.

For a sweet, refreshing protein smoothie, blend chocolate-flavored soy milk with a tablespoon of protein powder and the frozen fruit of your choice, such as raspberries, bananas or strawberries. A tablespoon of flaxseed meal lends a slightly nutty flavor, along with 3 grams of additional fiber.

Make better-than-store-bought trail mix by blending dried fruit like mangos, figs, cranberries and apples, almonds or walnuts, and a crunchy, whole-grain, low-sugar cereal (Cheerios®, Kashi®).

Grape tomatoes are simple to transport and easy to pop into your mouth. Pair them with a bite-size triangle or two of The Laughing Cow® light cheese.

For a savory snack, eat two pieces of natural turkey jerky with slices of red or yellow pepper.

Half a cup of red grapes with a handful of walnuts or almonds is a sweet and crunchy treat.

Hummus is delicious with vegetable crudités or a handful of Kashi TLC® crackers (about 15) – try natural ranch or cheddar flavored crackers.