



## HEALTHY SNACK FOODS

Finding healthy snack foods is easy once you know some simple rules while at the grocery store. Always shop the perimeter of the grocery store. This will help you avoid packaged items which are usually processed, filled with chemicals and food dyes. Get comfortable reading food labels. If you can't read the words on the ingredient list, you probably should avoid buying or eating it. Even items that you wouldn't expect, have fillers and dyes,

like pickles or cheese. Remember that over half of your diet each day should be made up of raw fruits and vegetables. Based on the daily recommendations of fruits and vegetable, you should have at least 50 servings/person of fruits and vegetables in your cart if you shop weekly. Finally, just because something says it's natural on the package, doesn't mean it is without chemicals, food dyes, etc. Beware and always check the labels.

### SHOPPING LIST

**Raw fruits and vegetables** - Try to buy organic, yet eating conventional outweighs not eating produce at all. Try to eat what is in season, which is usually less expensive and more nutritious.

**Smoothies** - A great snack or meal replacement option. You can use dairy milk, soy milk, almond milk whole fruit juices. You can add additional fruits, greens, nut butters, coconut oil, flax seeds, chai seeds, etc for even more nutrition. **Juice Plus+ Complete** is a perfect protein powder base.

**Nuts** - Nuts are great source of protein. Try almonds, peanuts, cashews, pistachios, walnuts, pecans... yet remember that they shouldn't be eaten by the handful, rather in moderation due to the high calorie count per ounce.

**Seeds** - pumpkin or sunflower

**Trail Mix** - use the bulk section at stores to mix your own combination of dried fruits, seeds, nuts and real dark chocolate chips

**Cheese** - look for ones without dyes and/or additives

**Yogurt** - plain and vanilla are best. Try to pick ones with lower sugar, and again without dyes and ingredients you don't understand

**Hard Boiled Eggs** - perfect protein option

**Hummus** - there are many different flavors, which are great for dipping veggies. Just check labels.

**Edamame** - cold or hot. Look for organic or non GMO

**PB&J sandwiches** - use whole grain bread, natural peanut butter and whole fruit jelly with understandable ingredients, or ripe bananas instead of jelly

**Ants on a log, peanut butter and apples/bananas**

**Steel Cut Oatmeal** - use instant with water, milk or buttermilk in the microwave, add bananas, nuts, berries, honey or agave nectar for sweetness

### Enjoy Life

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