

Smart Snacking for a Healthy Lifestyle

We've all experienced the power of refueling with a snack. Choosing nutritious snacks can help increase the odds that you're getting the daily servings from the food groups. Milk contains a powerful nutrient package of nine essential nutrients and low-fat and fat-free dairy foods are fundamental to all of the healthy eating styles in the 2015-2020 Dietary Guidelines for Americans.¹ Here are delicious smart snacking ideas.



Milk



Cheese



Yogurt

Rise and Shine

Get a mid-morning boost with a glass of fat-free milk and sliced peaches.

Strawberry-sicles

Mix low-fat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

Flavor on-the-Fly

Fat-free flavored milks are perfect anywhere you go, just take, shake, and sip!

Choco-Raspberry Chug

Blend a cup of fat-free milk with frozen raspberries and sweetened cocoa.

Sweet Milk Steamer

Microwave a cup of low-fat milk and honey.

Banana Split Blenders

Blend low-fat strawberry milk with banana slices and ice.

Morning Mocha

Mix a cup of low-fat milk with a teaspoon of instant coffee and sweetened cocoa.

A Sip of Spice

Warm a cup of fat-free milk and mix with Chai tea to warm up the afternoon.

Graham Dunk

Dip a few graham crackers into a cold glass of low-fat milk.

Salsa Roll-Up

Roll low-fat Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.

Cheddar Crunch

Mix 1/2 cup low-fat Cheddar cheese shreds with popcorn and pretzels.

Veggie Wraps

Wrap low-fat Colby Jack cheese around spears of asparagus.

Cherry Tomato Crunchers

Top wheat crackers with low-fat Mozzarella cheese and cherry tomatoes.

Cheese & Crackers

Layer low-fat American cheese and smoked turkey onto crackers.

Seafood Spread

Mix canned salmon or crab with Ricotta or low-fat Mozzarella cheese and eat on pita wedges.

Zesty Tostada

Top a tostada with fat-free refried beans and low-fat shredded Pepper Jack cheese.

Chicken Melt

Melt a slice of low-fat Colby Jack cheese over canned chicken on an English muffin.

Tropical Smoothie

Blend fresh orange slices with low-fat strawberry yogurt and ice.

Cucumber Salad

Mix diced cucumber with a cup of low-fat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat pita wedges.

Mango Mixer

Enjoy a tropical treat by blending mango, plain fat-free yogurt and a splash of pineapple juice.

Parfait Pleaser

Layer granola and fresh fruit with your favorite low-fat yogurt.

Simple Shortcake

Try pieces of angel food cake with a cup of low-fat strawberry yogurt for a heavenly treat.

Berry Blast

Mix fat-free blueberry yogurt with fresh blueberries or raspberries.

Go Nuts

Top low-fat yogurt with a few crushed pecans and cinnamon.

Honey Fruit Dip

Mix fat-free yogurt with a dollop of honey for a sweet fruit dip.