

# Stoplight Healthy Living

## Healthy Snack Ideas

### Applesauce & Apples

Serve participants apples in two ways - a container of **unsweetened** applesauce and several slices of fresh apples. Participants can eat the applesauce plain or add raisins, chia seeds and/or cinnamon.

Script:

- Apples are a GREEN food
- The skin has lots of vitamins and fiber
- Unsweetened applesauce has no added sugar

Healthy Snack ingredients and supplies:

- Apple sauce
- Chia seeds
- Sliced apples
- Plates
- Napkins
- Spoons



## Veggies and Dip

Provide several different fresh vegetables (such as carrots, celery, cherry tomatoes, broccoli, cauliflower, red/green peppers) and several dips. Hummus should be included -- others can be low-fat spinach dip, honey mustard, skinny taco dip, or creamy salsa dip. Choose two dips that can be prepared in advance of the session.

Script:

- Hummus is made from chickpeas (a GREEN food!) which are a vegetable, so that is a healthy dip choice
- Chickpeas also have lots of fiber
- Dip ingredients such as fFat-free Greek yogurt and cottage cheese are both great ways to add some dairy and protein to your diet, and are healthier than sour cream.

Healthy snack ingredients and supplies:

- Various veggies (cut up into sizes that can be dipped)
- Plates
- Napkins
- Dip ingredients
- Containers for dip
- Serving spoons for dip

Here are some dip recipes to use:

### Spinach Dip

- 12 oz. fresh spinach
- 16 oz. non-fat Greek yogurt
- ½ c. reduced fat mayo
- 1 packet vegetable soup mix
- Optional water chestnuts and green onions

Mix all ingredients and serve with veggies.



## Honey Mustard Dip

- ¾ c. Greek Yogurt
- ¼ c. Deli Mustard
- 3 TBS Honey

Mix in a bowl and serve with veggies or pretzels.



## Skinny Cottage Cheese Taco Dip

- 1 (16-oz) container low-fat cottage cheese
- 1 (4-oz) can green chilies, drained
- 1 can black beans, drained and rinsed
- 1 avocado, chopped
- 4 green onions, chopped
- 2 small tomatoes, chopped

Mix together and serve with veggies or tortilla chips.



## Creamy Salsa Dip

- 1 cup salsa
- ¾ cup Greek yogurt (OR sour cream)
- 2 to 3 teaspoons taco seasoning
- 1 cup packed cilantro leaves

Mix and serve with veggies or tortilla chips.

## Yogurt Parfaits

Give each participant a clear plastic cup and a spoon. Provide low-fat Greek yogurt (plain) and a no-fat flavored yogurt; several different kinds of fresh fruit; and some granola, preferably low-fat. Invite participants to build a yogurt parfait by layering yogurt and fruit in their cups, topped with a tablespoon of granola as a garnish.

Script:

- Yogurt is a healthy dairy food and that fresh fruit is in the GREEN group.
- You can add other GREEN foods to parfaits- such as blueberries, strawberries, kiwi, and pineapple!
- Yogurt parfaits can be a tasty dessert!

Healthy snack ingredients and supplies:

- Cups
- Greek yogurt (plain, low-fat)
- No-fat flavored yogurt (look for some low in sugar!)
- Various kinds of fruit, cut up into small pieces
- Granola (low-fat and low in sugar)
- Spoons
- Napkins



## Healthy Roll Ups

Show participants the items that can be used in the roll up. Each participant decide what to put in their roll up. Place and spread chosen ingredients on the tortilla and roll it up. If desired, cut tortilla into a couple pieces to have pin wheels.

Script:

- Wraps with little fat and sodium (salt) are healthy
- You can include some of your daily protein (turkey or hummus) and veggies in your roll-up.
- Mustard is a low- fat dressing option

Healthy snack ingredients and supplies:

- Plates
- Napkins
- Knives
- Tortillas (look for some that are whole-wheat or low-carb)
- Deli Turkey (look for some with low sodium)
- Low-fat shredded cheese
- Low-fat cream cheese
- Hummus
- Mustard
- Lettuce
- Optional: Veggies (such as tomatoes, peppers, cucumbers, etc.)



## Rainbow Fruit Kabobs

Have participants use one skewer and a plate. Ask them to place seven pieces of their favorite fruits on it. Encourage choosing a rainbow of fruits so they get a variety of foods that are good for them. Slide the fruits onto the skewer.

Script:

- Fruits are in the GREEN group—you can eat a lot of them
- Making kabobs is fun and are a great way to enjoy lots of fruits
- Fruits have a lot of fiber, vitamins, and minerals that are really good for your body

Healthy snack ingredients and supplies:

- Plates
- Napkins
- Serving fork or spoons for fruit
- Wood Skewers
- Cut fruit (try choosing some of various colors to make a rainbow)
  - Suggestions:
    - Strawberries for Red
    - Oranges or Mango for Orange
    - Pineapple for Yellow
    - Kiwi for Green
    - Blueberries for Blue
    - Grapes for Purple (or for green!)



## Popcorn

Have some popcorn! Skinny Pop sells packs of bags of popcorn without a lot of salt and fat!

Script:

- Popcorn is a low calorie snack with lots of fiber
- If you make popcorn, remember to use little or no butter or salt
- You can season your popcorn with healthier options such as cinnamon, pepper, or other spices!

