

## 33 Tasty Snack Ideas

Including a dairy snack between meals is a healthy way to keep hunger in check and stay energized throughout the day. Together milk, cheese and yogurt provide a unique nutrient package of nine essential nutrients that help Americans improve overall diet quality. Enjoying three servings a day can also help maintain a healthy weight.



### Milk

#### 1. Rise and Shine:

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

#### 2. Strawberry-sicles:

Mix lowfat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

#### 3. Flavor on-the-Fly:

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

#### 4. Choco-Raspberry Chug

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

#### 5. Sweet Milk Steamer:

Microwave a cup of lowfat milk and honey.

#### 6. Banana Split Blenders:

Blend lowfat strawberry milk with banana slices and ice.

#### 7. Morning Mocha

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

#### 8. A Sip of Spice

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

#### 9. Graham Dunk:

Dip a few graham crackers into a cold glass of lowfat milk.

#### 10. Fruity Splash:

Blend your strawberry milk with fresh bananas and ice.

#### 11. Vanilla-Berry Bowl:

Enjoy lowfat vanilla milk with a bowl of fresh berries.

### Cheese

#### 12. Salsa Roll-Up:

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

#### 13. Cheddar Crunch:

Mix ½ cup of Cheddar cheese shreds with popcorn and pretzels.

#### 14. Veggie Wraps:

Wrap Colby Jack cheese around spears of asparagus.

#### 15. Cherry Tomato Crunchers

Top wheat crackers with reduced fat Mozzarella cheese and cherry tomatoes.

#### 16. Cheese & Crackers:

Layer lowfat American cheese and smoked turkey onto crackers.

#### 17. Seafood Spread:

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

#### 18. Zesty Tostada:

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

#### 19. Chicken Melt:

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

#### 20. Cheese Ka-bob:

Alternate small slices of apples and reduced fat Cheddar cheese on skewers.

#### 21. Lettuce Wraps

Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.

#### 22. String by String:

Pack light string cheese into your bag for a post-workout energizer.

### Yogurt

#### 23. Tropical Smoothie:

Blend fresh orange slices with strawberry yogurt and ice.

#### 24. Cucumber Salad

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

#### 25. Mango Mixer

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

#### 26. Parfait Pleaser:

Layer granola and fresh fruit with your favorite lowfat yogurt.

#### 27. Simple Shortcake:

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

#### 28. Berry Blast:

Mix blueberry yogurt with fresh blueberries or raspberries.

#### 29. Go Nuts:

Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.

#### 30. Honey Fruit Dip:

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

#### 31. Yo-on-the-Go:

Enjoy your favorite flavor of drinkable yogurt at the office or on the go.

#### 32. Mocha Mudslide

Stir chocolate syrup into a cup of coffee-flavored yogurt and freeze.

#### 33. Yogurt Pops:

Freeze squeezable yogurt for a quick and creamy popsicle.