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**

**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.

**Cheese**

**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.

**Yogurt**

**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.

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