



# Integrated Health

#105-550 Carmi Avenue, Penticton BC V2A 3G6  
Phone (250)770-5507 Fax (250)770-5506

## Healthy Snacks (100 – 150 calories)

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- 1 piece of fresh fruit
- ½ cup fruit with 1 small carton low fat yogurt
- ½ cup cottage cheese with vegetable slices or ½ cup fruit
- 1 fruit and 2 Tbsp nuts or a slice of cheese
- ¾ cup low fat yogurt
- Fresh veggies and low fat dip (eg. light ranch dressing)
- Fresh veggies and low fat hummus dip
- 3 – 4 cups of low fat popcorn (Smart Pop™ mini bags)
- ~ 15 baked tortilla chips with salsa
- 7 whole-wheat soda crackers and 1 oz low fat mozza cheese or ½ cup tuna
- 1 sprouted grain toast with 1 Tbsp peanut butter
- ¾ cup high fiber cereal (eg. Flax Plus™) with ½ milk or yogurt
- 1 cup skim milk and 2 Simple Pleasures™ cookies
- 1 Healthy Way™ wrap loaded with red onion, lettuce, cukes, peppers with low cal Italian dressing
- Green salad, low cal dressing and a small whole wheat bun
- Big bowl of frozen vegetables with 1 tsp margarine
- Small vanilla ice milk cone
- Any treat with less than 150 calories