

# Cultural Daily

Independent Voices, New Perspectives

## 30 Simple and Healthy Snacks

Our Friends · Monday, May 17th, 2021

Whether you are playing games or watching television, the temptation to snack always creeps up on you. But this can be incredibly bad for our diets and leave us feeling frustrated with ourselves for failing. So here is a [list of delicious and healthy snacking ideas](#) that you can enjoy at any time without feeling bad for overeating terrible food.

### 1. Trail Mix

A mix of nuts, dried fruit and seeds trail mix is a healthy snack but remember that the nuts make it higher in calories, so stick to a small portion.

### 2. Jerky

Jerky is a dried meat product that uses cuts of meat with no fat, and it is incredibly high in protein. Generally, you have beef, chicken or turkey jerky.

### 3. Greek Yoghurt

Greek yoghurt is a high protein low fat snack, and if you don't like it plain, you can add berries and a little bit of granola to make it tastier.

### 4. Turkey Snacks

Bread is a problem snack, as it's pretty heavy, so if you replace bread with slices of turkey and roll up cheese or veggies inside, you can create a healthier turkey snack.

### 5. Veg Dippers

Roll vegetables are great for snacking, carrots, beans, peppers, anything you like really. You can dip it in low-fat mayonnaise or yoghurt for extra taste.

### 6. Hard-Boiled Eggs

Keeping some hard-boiled eggs in the fridge are perfect as they are a great snack option. They are low fat but have very good B vitamin content and help you feel full.

### 7. Tuna

Tuna is another healthy snack and something most of us have in the cupboard. Just pop open a can of tuna and sprinkle on a bit of vinegar, and you're good to go.

#### **8. Energy Balls**

Energy balls are great because you don't have to cook them. Instead, mix seeds, oats and some form of nut butter and roll them into balls. They will keep in the fridge for a few days.

#### **9. Celery Peanut Butter**

Celery is one of the best vegetables as it's pretty much calorie neutral. But it doesn't always taste great, so spreading peanut butter along can make it better.

#### **10. Cheese**

Believe it or not, hard cheese is another great snack. A small piece of cheddar cheese is perfect for suppressing your appetite.

#### **11. Roasted Chickpeas**

A great snack to prepare in advance and store in an airtight jar. Simply roast a can of chickpeas by spreading them on a baking sheet and covering them with seasonings such as garlic or herbs.

#### **12. Almonds**

Although nuts are pretty high in fat, they are also filling, so a handful of almonds will set you upright.

#### **13. Hummus**

Humus is another great low-fat snack made from chickpeas; again, you could combine this with raw vegetable sticks.

#### **14. Apple and Peanut Butter**

Eating an apple might seem quite dull, but you get an excellent taste if you combine it with peanut butter.

#### **15. Beef Sticks**

Similar to jerky, except the beef sticks, have been salted and dried.



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#### 16. **Cottage Cheese**

If the texture doesn't put you off, cottage cheese is a great low-fat snack that's high in protein.

#### 18. **Salmon**

Salmon is another alternative, and tinned salmon is easy to keep on hand and open whenever you need it.

#### 19. **Protein Bars**

Protein snacks are much better than carbohydrate ones, so [protein bars](#) are the perfect way to get an easy treat.

#### 20. **Seeds**

Pumpkin seeds, chia seeds, sunflower seeds and others are great to mix and eat as a snack.

#### 21. **Fruit Salad**

Keeping a variety of fruits in the house means you can grab a fruit salad by combining a banana, Apple, orange or any other fruits you like.

#### 22. **Cooked Meat**

Leftover roast chicken makes the perfect snack for the next couple of days. There is hardly any fat involved, and it's a good protein snack.

#### 23. **Shakes**

Liquid snacks get to the stomach quicker and make us feel full. Simply blend some fruit and milk to create a fantastic smoothie.

#### 24. **Popcorn**

Popcorn is another low-fat snack, provided you stick to the salted variety rather than anything covered in caramel or sugar.

#### 25. **Olives**

Olives are very healthy foods, and you can combine them with tiny cubes of cheese for a great snack.

#### 26. **Rice Cakes**

Rice cakes are the ultimate in low-fat snacks and are handy to keep in the cupboard.

#### 27. **Kale Crisps**

Simply bake kale on very low heat until it has gone crispy. Baking [kale](#) in this way causes it to lose none of its nutritional value.

#### 28. **Pickles**

Pickled onions and pickled gherkins are great low-fat snacks.

#### 29. **Sorbet**

Fruit sorbet makes a great ice cream substitute with none of the fat content.

#### 30. **Dates**

Dates make a convenient snack, and they taste delicious.

*Photo by [Rachael Gorjestani](#) on [Unsplash](#)*

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