



## DMD Friendly Snacks

- Unsalted nuts and small bunch of grapes or bowl of berries
- Low-fat cheese stick\* and Touch of Salt Wheat Thins
- Apple with unsalted peanut butter
- Homemade muffins or cookies (made with whole wheat flour, ground flax seed, shredded zucchini, carrots, banana, pumpkin etc.). *Recipes available upon request*
- Homemade popcorn -use canola oil or air-popped popcorn (Quick Microwave Popcorn Tip: Place ½ cup popcorn kernels in a brown lunch bag-taped shut. Lay flat and microwave for ~2 minutes)
- Shrimp cocktail with lemon juice and/or homemade cocktail sauce (5 Tbsp. no-salt-added tomato paste, 3 Tbsp. apple cider vinegar, 3 Tbsp. molasses, 2 Tbsp. prepared horseradish, 2 tsp. dry ground mustard, 1 clove garlic, grated)
- Touch of Salt Triscuits or unsalted blue/yellow corn chips and guacamole (make yourself without salt)
- Raw veggies/crudité with ranch-yogurt dip or hummus, tzatziki sauce\*
- Fruit and Yogurt Parfait: light, non-fat yogurt with fresh fruit and low-sugar granola (i.e. Bear Naked 45-50% Reduced Sugar-Vanilla Almond or Berry)
- Celery with unsalted peanut butter and non-sugared raisins
- Homemade smoothie (fresh or frozen fruit (no added sugar), non-fat plain yogurt, skim or unsweetened alternative milk (i.e. almond); adding banana will make it more sweet and creamy. Optional ingredients:
  - Flax/hemp/chia seeds, avocado for healthy fat
  - Fresh “baby “ or frozen spinach or kale
- Mini whole wheat pita with hummus, shredded carrots, and sliced cucumbers
- Sliced ripe pear and Light BabyBel
- Avocado Toast (whole wheat bread); optional topping: sliced tomato
- Unsalted edamame \*Hard-boiled egg
- Brown rice cake (lightly salted or unsalted) with 2% cottage cheese and cinnamon
- Homemade Trail Mix: plain Cheerios, unsalted nuts, raisins/chopped apricots, mini chocolate chips, unsalted pumpkin or sunflower seeds
- Light Start Carnation Instant Breakfast (combine with 8 oz skim milk)
- Low-salt turkey or ham rolled up; plain or with slice of 2% cheddar
- Half whole wheat English muffin or 1 piece of toast with unsalted peanut butter



Peanut butter brands: Trader Joes, Teddie’s, Smuckers; the only ingredient should be PEANUTS

\*Mix half of Ranch dip powder packet with non-fat Greek yogurt. You can purchase No Added Salt Ranch powder dip or make your own-ask your dietitian for more info 😊

\*Will contribute some sodium