



Grain Snacks

Grain foods make great snacks because they fill you up and help curb hunger. Plus, they don't come with a lot of added fat. Instead, they're packed with complex carbohydrates that provide our bodies with energy. The Dietary Guidelines for Americans recommend that 45 to 65 percent of our daily calories come from carbohydrates.

Bread

A toast to toast! Toast bread and slice into quarters for dipping into hummus, low-fat cheese dips or extra-chunky salsa. For a sweet treat, top with cinnamon/sugar, jam, honey or try it with unsweetened applesauce or apple butter. Or, use toasted whole wheat bread as a carrier for vegetable and low-fat cream cheese sandwiches.

Cereal

Munch on dry cereal, or use it to top low-fat yogurt or a small serving of ice cream. Combine cereal with dried fruit and mini-pretzels for a tasty trail mix delight.

Crackers

Team crackers with low-fat cheese and/or lean meats. Or, use wheat crackers as a platform for chunky fruit and low-fat yogurt dip.

Tortillas

Spread a wheat tortilla with small amount of peanut butter and a sliced banana, drizzle with a little honey; roll up (and warm in the microwave if desired) and enjoy a healthful snack. Or, make a quick quesadilla by placing a slice of cheese on a tortilla, add a couple tablespoons of salsa fold the tortilla in half and microwave until the cheese melts and enjoy! Watch out though – the cheese may be hot! Why not top your quesadilla with chopped fresh lettuce, tomatoes and/or onions for extra crunch and added nutrients?

Grain-based mini meal or snack ideas ...

- A bagel topped with peanut butter to begin your day combines carbohydrates with protein and some “good” fat to keep you fueled all morning long.
- Stir low-fat yogurt and a little fat-free milk into ready-to-eat cereal for a breakfast that's ready in less than one minute.
- Wrap thinly sliced cheese, salsa, cooked chicken chunks and black beans in a whole wheat tortilla for homemade Southwestern “takeout.” Warm in microwave.
- Stow pretzels, crackers, breadsticks, and ready-to-eat cereals in your briefcase, desk drawer, or gym bag for an energy-packed snack that's ready when you are.
- A slice of raisin bread with a cup of hot chocolate is a tasty indulgence to enjoy during the cold winter months.
- Mix up your “bread” choices. Try bagels, English muffins, pita bread, wraps, crisp or flat breads. There are so many great grain items to choose from. Why not try a new one today?
- How about making a toasted lettuce, tomato and cucumber sandwich? Delicious! No bacon needed!