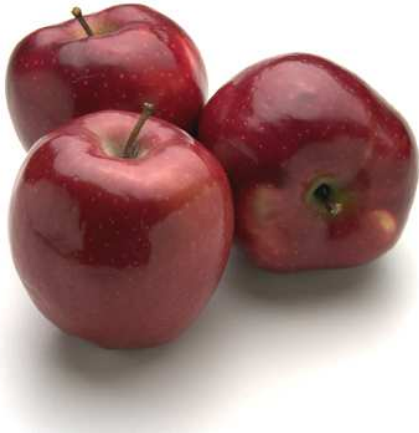


Healthy Foods You Don't Have To Cook

Lexington-Fayette County Health Department



Some of the best foods for you don't need to be cooked at all. Fresh fruits and vegetables have a lot of fiber and are packed with nutrients. Try some of these nutrition-packed snacks next time you have the munchies:

- Peanut butter or cheese sandwich on whole wheat bread
- A glass of 1% or skim milk and an oatmeal cookie
- "Ants on a Log" (peanut butter spread on a celery stick or banana with raisins on top)
- 100% Fruit juice
- A bowl of whole grain cereal
- Tuna sandwich on whole wheat bread
- Raisins (or other dried fruit)
- 1% Cottage cheese (try with a tomato wedge or pineapple)
- Low-fat cheese & crackers
- Container of low-fat flavored yogurt
- Fresh fruit
- Graham crackers & applesauce
- Light popcorn
- Carrot sticks or other raw vegetables (try with a low-fat dip)
- Whole wheat English muffin with peanut butter
- Baked low-fat tortilla chips & salsa
- Fig Newtons
- Bagel (spread with low-fat cream cheese or jam)
- Turkey breast sandwich on whole wheat bread with tomato & lettuce (hold the mayo)
- Whole wheat crackers (like Triscuits)
- Fruit and yogurt parfait (layer frozen fruit, low-fat vanilla yogurt and low-fat granola)
- Fruit smoothies (blend frozen fruit, 100% juice and ice in a blender until smooth)



Lexington-Fayette County Health Department
650 Newtown Pike
Lexington, KY 40508
www.lexingtonhealthdepartment.org
(859) 288-2395