

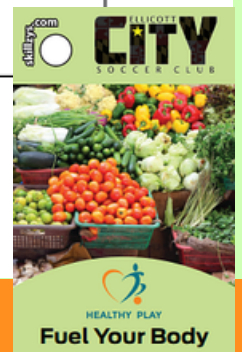


## HEALTHY PLAY

# FUEL YOUR BODY

### Healthy Snack List

<b>Crunchy</b>	<ul style="list-style-type: none"> <li>• apples</li> <li>• frozen grapes</li> <li>• rice cakes</li> <li>• light popcorn or plain popcorn: use coconut oil to pop in a covered pan</li> <li>• one or two hard pretzels</li> <li>• carrots: particularly the super-sweet, organic baby carrots</li> <li>• crunchy crudités of veggies and dip (hummus, tabouli, vinaigrette, favorite dressing)</li> <li>• celery and peanut butter (use non-hydrogenated- organic only)</li> <li>• hummus with whole grain toast, baby carrots, rice crackers</li> <li>• nuts</li> </ul>
<b>Sweet</b>	<ul style="list-style-type: none"> <li>• fresh whole fruit, or dried fruit</li> <li>• apples and almond butter</li> <li>• organic yogurt with probiotics</li> <li>• use leftover grains to make sweet porridge: drizzle maple syrup and sprinkle cinnamon, add yogurt and bananas</li> <li>• smoothies: mix whatever you have in the kitchen – fruit, ice, coconut water, yogurt, almond butter, etc..</li> <li>• fruit “ice cream”: peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve; can be put through the screen of a juicer for a creamier consistency.</li> <li>• freshly squeezed fruit juices: Make your own and try different combos.</li> <li>• sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks or fries; sprinkle with cinnamon and bake.</li> <li>• dates stuffed with almond butter or other nut butter</li> <li>• organic dark chocolate 70% or higher</li> </ul>
<b>Salty</b>	<ul style="list-style-type: none"> <li>• olives</li> <li>• pickles and pickled vegetables, such as carrot, daikon, beets and lotus root</li> <li>• tabouli, hummus</li> <li>• steamed vegetables with tamari/shoyu</li> <li>• tortilla chips and salsa or guacamole: try whole grain chips such as “Garden of Eatin” brand and freshly made salsa or guacamole.</li> <li>• sauerkraut: it will also knock your sweet craving right out!</li> <li>• fresh lime or lemon juice as seasonings or in beverage</li> <li>• salted edamame</li> <li>• small amount of organic cheese</li> </ul>
<b>Creamy</b>	<ul style="list-style-type: none"> <li>• smoothies</li> <li>• yogurt</li> <li>• avocados</li> <li>• rice pudding</li> <li>• dips and spreads, like hummus and baba ghanoush</li> <li>• puréed soups</li> <li>• mashed sweet potatoes</li> <li>• coconut milk</li> </ul>



www.fittritionmethod.com  
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