

HEART-HEALTHY SNACKS FOR WHEREVER YOU ARE

Any of these ideas can be done at home, but if you're out and about, you can still eat well, satisfy your sweet or salty cravings, and boost heart health.

AT HOME, READY IN A FLASH

- **Peanut butter** with **banana** or **celery** sticks.
- **Bell pepper** slices with **tzatziki** or **baba ghanouj** (read the labels for lower sodium)
- **Popcorn** (it's a whole grain!)
- **Avocado** with sprouted-grain **toast** (mash it with lime juice and a pinch of sea salt)
- Light **ricotta** cheese with a teaspoon of sugar and **blueberries** ([recipe](#))
- **Yogurt** with **berries** - Greek if you like it (more protein), and plain if you like that (Try plain with thawed frozen mango or cherries, or a drizzle of maple syrup)

AT HOME, WORTH A FEW MINUTES TO PREPARE

- Roasted slices of **eggplant** or **bell peppers** with **goat cheese**
- Small **smoothie** with Greek yogurt, milk, or kefir base ([recipe](#))
- Homemade **chocolate spread** (cashew butter) with **pear** slices ([recipe](#))
- **Spicy chickpeas** ([recipe](#), skip the onion and garlic if you're pressed for time)
- **Frozen grapes** or **banana** chunks
- Homemade whole-grain **muffins** ([recipe](#))

PACK TO GO

- Homemade **trail mix** - add just enough dried fruit to sweeten to your liking
- Half a **peanut butter sandwich** on whole grain bread
- An **orange** with individually-wrapped **cheese** (eg. Babybel)
- Baby **carrots** or **cucumbers** with mini-**hummus** or mini-**guacamole**
- **Walnuts** with microwaved sliced **apple**
- Healthy-ish **granola bar** (<8g sugar, >3g fibre, eg. KIND or Kashi)



COFFEE SHOP PICK UPS

- A plain **latte**, **caffe misto**, or **cappuccino**
- **Oatmeal**
- **Fruit cup**

CONVENIENCE STORE GEMS

- **Nuts and seeds**. Unsalted is great, but even salted nuts are a fine choice.
- A **banana** with a small carton of **milk**
- A **yogurt** cup

GROCERY STORE GOODS

- **Hard-boiled eggs** can often be found in grocery or convenience stores
- Rinse **cherry tomatoes** or **snap peas** and they're ready to go
- **Individual soy or oat milk** (almond, cashew, and rice milks lack protein)
- Canned **tuna** (snack size) or **sardines** with whole-grain **crackers** (eg. Triscuits)