Local Healthy Snacks
“Snacks are fine, especially, the local healthy kind”

Think of snacks as mini-meals. We can choose foods that will give us energy and nutrients to help us keep healthy, and choose snacks that mainly provide sugar, fat, and salt less often.

Tips
• Plan for small snacks or mini-meals between meals.
• Keep healthy snack options available for unexpected hunger attacks.
• Portion out our snack and put away the rest.
• Sugar, fat, and salt: caution foods…watch out!

Local Healthy Snack Ideas
• Small bowl of saimin with cabbage, green onion, bean sprouts, leftover meat
• Trail mix—make your own with popcorn, dried fruit, kaki mochi or arare, cereals, and some nuts.

More Ideas
• Banana or mango bread with low-fat milk
• One-half manapua with veggie sticks or local fruits like mango, lychee, pineapple, or papaya
• Poi, taro, or sweet potato
• Boiled peanuts, soybeans
• Mango, pineapple, or papaya with yogurt or cottage cheese
• Low-fat microwave popped corn, plain or flavored with dry taco seasoning, Parmesan cheese, or cinnamon-sugar. Add furikake and arare.

* Please check with your doctor or health care professional before making dietary changes

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