

Snack Ideas for the Office

Instead of donuts, what can you bring?

A dozen donuts can cost between \$8 - \$10. For less than that you can be the hero in your office when you give your co-workers healthy snacks that will make them think you cared enough to consider their health.

- Avoid store-bought muffins because the typical 6 oz. muffin contains 400 calories. They are really a piece of cake without the frosting, high in calories and fats.
- Avoid store-bought bagels which contain 300 calories or more and adding cream cheese, even low fat, you could easily add more than 100 calories

Running into the store that morning:

- Almonds (they even have cocoa covered ones) or any nuts and dried fruit (avoid banana chips, deep fried and high in calories and fat) \$9
- Pre-cut veggies with dip in produce (guacamole vegetable dip, fat-free Ranch dip) \$6 sm/\$10 lrg
- V-8 juice (low sodium, even better) or any small cans of juices, granola bars (look for whole grain in first 3 ingredients on label, higher the fiber the better) \$7
- Precut fruit in produce \$7 sm/\$13 large
- Trail mix \$5-28 oz.
- Baked tortilla chips and salsa \$5
- Hummus (a bean dip in refrigerator/deli section) and pita bread (cut into wedges or whole grain crackers (whole grain should be in the first 3 ingredients on label, the more fiber, the better—the less fat, the better, try for 3 grams of fat per ounce or less) \$6
- String cheese and whole grain crackers \$6
 - Cheese is considered high fat at 9 g. fat per oz.
For taste, you probably want to avoid fat-free, but try lower fat cheeses, 3 g. of fat per oz. or less

Thought about the night before:

- Fresh pineapple, blueberries, strawberries, grapes (seedless), watermelon, honeydew or cantaloupe chunks
Any flavor yogurt for dip (look for less than 20 g. sugar for 6 oz.)
Toothpicks for dipping or make kebobs with skewers \$7
- Cold Veggie Pizza
1 roll of reduced fat crescent rolls
8oz. fat free cream cheese or Neufchatel cream cheese (lower fat)
8oz. fat free sour cream (or plain yogurt)
1 packet hidden valley ranch mix (or any combination of herbs for low salt)
2 cups fine shredded carrots
2 cups shredded broccoli
1 cup shredded radishes
(Or any combination of 5 c. chopped fresh vegetables)

Directions

Roll out crescent dough on to a cookie sheet (do not separate triangles, makes a rectangle) heat according to package until golden brown let cool.

Mix together cream cheese, sour cream and ranch mix spread over cooled crescent sheet.

Add carrots, broccoli then radishes place in fridge until chilled. Cut into squares. \$8

- Dip & tortilla chips

Fat free sour cream with salsa (amounts do not have to be precise, roughly 8 oz fat free sour cream and 16 oz. salsa), "baked scoops"

(A tortilla chip has only 3 g. fat per oz.) \$6

Prices July, 2010