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### 31 Days of Healthy Snack Ideas

When hunger strikes in between meals, it's tough to resist the urge to munch on chips, cookies, and other bad-for-you treats. But choosing healthier snacks can keep you satisfied until your next meal without wreaking havoc on your waistline. Stay on the healthy track all month long with these 31 enjoyable low-calorie snacks. Let the snacking begin!

Looking for more low-cal recipes? Check out our favorite low-calorie cookies, quick low-calorie Italian dishes, and low-calorie dinners that are also low-fat.



Hummus



Toasted Pita Crisps



Quick Applesauce



Cheesy Popcorn



Cocoa-Nut Bananas



Smoked Salmon Spread and Bagels



Crunchy Cereal Trail Mix



Peanut Energy Bars



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