30

Heart Healthy Snacks

Cardiac

Roasted pumpkin seeds
Diary-free granola bars
Homemade trail mix
Unsalted almonds
Sunflower seeds

For seniors

Greek yogurt parfait
Almond milk smoothie
Unsalted edamame
Apples/coconut butter
Hummus/carrot sticks

Low-sodium

Sugar snap peas
Olives
Rice cakes/avocado
Dill pickles
Air-popped popcorn

Sweet

Chocolate strawberries
Dried fruit
Cashew bites
Watermelon/feta
Frozen grapes

Crunchy

Sweet potato fries
Baked kale chips
Roasted chickpeas
Whole-grain crackers
Sliced radishes

Snacks to buy

Fresh fruit
Packs of nuts
Dark chocolate
Plain popcorn
Mini cheese sticks