

Aldi Healthy Snack List

Protein, fiber, and fat are key to helping you feel satisfied and having your best energy!
We recommend having *at least* two of these nutrients for a healthy snack.

Below, you will find a list of Cultivate Wellness approved healthy snacks from Aldi.
We have coded these snacks so you will know if the snack can be eaten on its own or if it needs to be paired with something else.

P = Protein
C = Fiber
F = Fat

Produce	Savory Snack
<p>Fresh Fruit (C) Fresh Vegetables (C) Avocado (C + F)</p> <p style="text-align: center;">Refrigerated/Dairy</p> <p>Snack Selects (P + C + F) Hummus with Pretzels Snack Pack (P + C + F) Prosciutto, Provolone, Cheese & Breadsticks (P+F) Homestyle Guacamole (C + F) Roasted Red Pepper Hummus (C + F) Cheese – Any variety (P + F) Plain Nonfat Greek Yogurt (P) Plain Whole Milk Greek Yogurt (P + F) Perfect Bar (P + C + F)</p> <p style="text-align: center;">Nuts/Trail Mix</p> <p>Raw Nuts (P + F) Roasted Nuts (P + F) Chili Lime and Salt & Pepper Cashews (P+F) Roasted Pumpkin Seeds (P + C + F) Roasted Sunflower Seeds (P + C + F) California Mission Figs (C) Pitted Prunes (C) Freeze Dried Fruit (C) Serenity Trail Mix (C + F) Nuts, Seeds & Raisins Trail Mix (P + C+ F) On the go Trail Mix (P + C + F)</p>	<p>Cauliflower Crackers (C) Woven Whole Wheat Crackers (C) Parmesan Crisps (C + F) Artisan Jerky (P) Original Beef Biltong (P) Organic Beef Jerky (P) Blue Corn Tortilla Chips (C) Multi Grain Tortilla Chips (C) Cauliflower Corn Tortilla Chips (C) Beet Corn Tortilla Chips (C) White Bean Chips (P + C) Black Bean Chips (P + C) Popcorn (C) Exotic Blend Vegetable Chips (C) Sweet Potato Chips (C) Green Pea Crisps (P + C) Black Bean Snack Crisps (C)</p>



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Bars	Miscellaneous
Dark Chocolate Peanut Butter Protein Bar (P+C+F) Peanut, Dark Chocolate & Almond Protein Bar (P + C + F) Elevation Dark Chocolate Peanut Butter (P + C + F) Elevation Apple Pie (C + F) Elevation Peanut Butter Cookie Bar (P + C + F)	Nut Butters (P + C + F) Frozen Fruit (C) Simply Nature Unsweetened Applesauce (C)

Note: These items may not be available at every Aldi location and this list certainly may not include every healthy snack that they have, especially seasonal items! Feel free to email us at admin@cultivatewellnessllc.com if you have a question about a product that is not listed here.

