

snack ideas!

Snacks are important to have throughout the day. They keep you full and focused throughout the day and are important to keep your blood sugars balanced. The key secret to the perfect snack is to have a carbohydrate with a good source of lean protein and/or a healthy fat. The protein and fat allow for our bodies to feel fuller longer, while the carbohydrate provides us with a good source of energy.

carbohydrate + lean protein *and/or* healthy fat

snack ideas

- banana + 1 Oz. (about 28 almonds)
- cottage cheese + ½ C. of canned peaches in 100% juice
- Triscuits (a whole grain!) + sliced cheese
- low fat/fat free greek yogurt + apple slices (+ a dash of cinnamon)
- trail mix (nuts + honey nut cheerios + raisins)
- celery sticks + peanut butter (+ raisins, optional)
- veggies (carrots, celery, snap peas) + hummus
- unsweetened applesauce with slivered almonds
- slice of 100% whole wheat bread/toast + peanut butter
- popcorn (unsalted, no butter)
- whole grain Teddy Grahams + fresh fruit
- whole grain Gold Fish + fresh fruit or veggies
- Belvita Breakfast Biscuits + low fat greek yogurt

Dietitian's Tips

- Aim for less than 10 grams of sugar.
- Look for "whole" as a key word in the first ingredient. For example "whole wheat" or "whole oats" as the first ingredient indicates that the items are 100% whole grain. Use this rule with cereal, crackers, breads, granola bars and more!
- Fresh fruit and veggies are easy and convenient to pack.
- If choosing canned or cups of fruit, look for fruit in 100% juice - avoid the light or heavy syrups.
- In your grains, look for at least 3 grams of fiber (this shouldn't be too hard if you are choosing 100% grain products).
- Avoid sugar sweetened beverages! Water is best. When choosing juice, choose 100% juice and limit intake to 4-6 oz.

 **registered dietitian team**

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