

# Build a balanced snack

Balanced snacks are an important component of your diet to keep you feeling full and focused throughout the day. They also help to keep your blood sugars balanced. The key to building a balanced snack is to pair a carbohydrate with a lean protein and/or a healthy fat. Carbohydrates provide us with energy, while protein and fat keep us feeling full for longer. When paired together, they create the perfect snack!

## carbohydrate + lean protein and/or healthy fat

### carbohydrates

- Fresh fruit
- Fruit canned in 100% juice
- Dried fruit
- Fruit bars (BEAR Fruit Rolls)
- Vegetables
- Whole wheat crackers (Triscuits, Wheat Thins, Whole Grain Goldfish)
- Whole grain cereal (Cheerios, Wheat Chex, Shredded Wheat, Life)
- Whole wheat bread/toast
- Popcorn (unsalted, no butter)
- Granola bars
- Unsweetened applesauce
- Dried chickpeas

### fats

- Cheese (sliced, sticks, cubes, Babybel)
- Avocado
- Hummus
- Nuts/seeds
- Hard boiled egg
- Nut/seed butter

### proteins

- Cottage cheese (skim or 1%)
- Low sodium deli meat
- Edamame
- Tuna packet/can
- Salmon packet/can
- Nonfat Greek Yogurt

### Dietitian's tips

- Aim for less than 5 grams of added 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).
- Limit sugar sweetened beverages! Water is best. When choosing juice, choose 100% juice and limit intake to 4-6 oz.

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