

SNACK IDEAS
Make Them Balanced

Protein (e.g. low fat cheese (<20 % M.F.), nut butter, low fat deli meats, egg, nuts, and seeds, fish, beans and lentils)

Carbohydrate (e.g. Whole grain bread, crackers, cereal (with at least 4-5 grams fiber/serving), fruit, granola bars, English muffin, yogurt, 1% or skim milk)

Choose one from each column to make a balanced snack:

CARBOHYDRATE	PROTEIN
Whole grain crackers (5-6)	Low fat cheese (1 oz.)
1 medium fruit	Peanut butter or other nut butter (1-2 tbsp.)
½ Banana	12 almonds (raw, unsalted)
¾ cup sugar – free yogurt	Nuts (¼ cup)
½ - 6 whole wheat pita	2 oz. chicken or tuna
1-6 whole wheat tortilla	Peanut butter or other nut butter (1-2 tbsp)
½ sandwich -1 slice whole grain bread	2 oz. turkey or salmon
Carrot sticks (1 cup)	Hummus (1/3 cup)
Wasa high fibre crackers (2-3)	1 % cottage cheese (1/2 cup)
Apple sauce (unsweetened) (1/2 cup)	1 cheese string
Cereal (high fibre) or oatmeal (1/2 -3/4 cup)	1 cup milk (skim or 1%)
3 cups low fat popcorn	1 oz. low fat cheese
½ whole grain English muffin	1 scrambled egg
Whole whet pita	Low fat bean dip
½ cup bean salad and / or crackers	
Smoothie: blend ½ cup berries, ½ cup yogurt and 1 tbsp. soy protein	
1 cup chicken noodle soup or 1 cup bean soup	

Low carb/No carb snacks:

- Veggies and low fat salad dressing
- ½ cup low fat cottage cheese with veggies
- 1 cheese string
- 2-3 slices rolled up low fat cold cuts
- Celery sticks with peanut butter
- 1 hardboiled or scrambled egg
- ¼ cup of unsalted nuts
- Veggies with hummus or other bean dip
- 2 oz. tuna with 2 tsp. light mayo on a plate of veggies
- 4 olives and 1 oz. low fat cheese