



SNACK BUILDER

BALANCED & NOURISHING SNACKS

Choose an option from each category for a satisfying snack

WHOLE GRAIN CARBS

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6-10 whole grain crackers

a handful of pretzels

2 brown rice cakes

1/2 whole grain pita

1 whole grain tortilla (6")

1 whole grain wrap

3 cups popcorn

1/2 cup whole grain cereal

1 small whole grain muffin

1/2 cup cooked oatmeal

1 granola bar

1 whole grain toaster waffle

1 slice whole wheat toast

1/2 whole grain English muffin

8 whole grain tortilla chips

PROTEINS & FATS

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2 Tbsp hummus

1/4 cup nuts

1/4 cup cubed cheese

1 hard boiled egg

1/2 cup Greek yogurt

1/2 cup cottage cheese

2 Tbsp peanut butter

2 Tbsp almond butter

1/2 small avocado

3 slices low sodium turkey

1 string cheese

1 scoop protein powder

1/2 cup cubed chicken

1/2 cup roasted chickpeas

1 cup milk or alternative

FRUITS & VEGETABLES

.....

carrot or celery sticks

cucumber slices

berries

cauliflower florets

sliced bell pepper

banana

sliced apple or pear

2 'cutie' oranges

sugar snap peas

cherry tomatoes

1 cup grapes

1/2 cup canned fruit

3 Tbsp salsa

1/4 cup dried fruit

1/2 cup frozen fruit



SMART SNACKING TIPS:

Have a Plan

Plan snacks for the week so that you have options available when hunger hits.

Stay Ready

Keep fruits & vegetables washed, cut, and ready for easy snack options.

Be Mindful

Eat slowly and enjoy your snack. Try eating without distractions.

Combo Smart

Pair a fiber-rich carb with protein and/or fat.

Honor Your Hunger

Listen to your body and learn your hunger cues.