

WHAT IS A SNACK

A snack is

a balanced mini meal with carbohydrates, protein and fat

- Contains fewer calories than a meal
- Eaten in response to light hunger to help you get to the next meal
- Children usually need snacks to meet their nutritional and hunger needs, and some adults do too
- Includes a fruit or vegetable whenever possible to increase fiber and fullness with minimal calories
- Portion out the snack as you would a meal to avoid grazing
- Eat in a designated eating area away from work and screens

Here are some nutrient dense, high fiber snack ideas to keep your energy up in between meals:

Closer to 200 calories

- 1 hardboiled egg plus 5 whole grain crackers
- ¼ cup almonds or other nut plus ½ apple or ½ cup other fruit
- 1 cup 2% plain Greek yogurt plus ½ cup raspberries or ¼ cup high fiber cereal
- 1-ounce cheese or 1 string cheese plus 5 whole grain crackers
- ¼ cup pumpkin seeds plus 1 cup of fruit
- ½ cup cottage cheese plus ½ cup fruit or vegetables
- ¼ cup nuts plus ¼ cup dried fruit
- 1 slice of whole grain bread with ¼ avocado
- smoothie of 1 c. unsweetened almond milk, 1 cup fruit, ice, 1 scoop protein powder

Closer to 100 calories

- 4 tablespoons of hummus plus 1 cup of cucumber
- 2 tablespoons of natural peanut butter or almond butter plus 1 cup of celery
- 2 tablespoons of guacamole plus 1 cup bell pepper/cucumbers
- 2 tablespoons of natural almond butter plus ½ apple or ½ medium banana
- ½ cup edamame
- 3 cups of salted popcorn