

# SNACK IDEAS



An ideal snack contains both a **protein** and **carbohydrate** source.

Protein nourishes muscles and keeps you full.

Carbohydrates provide fiber and give you an energy boost.

**HAS IT BEEN 3 HOURS SINCE YOU LAST ATE? ARE YOU FEELING TIRED, SHAKY AND GRUMPY, IF YOU HAVE A HEADACHE, AND YOUR STOMACH IS GROWLING?**

**IT MAY BE TIME TO GRAB A SNACK!**

**BEFORE REACHING FOR A SNACK, ASK YOURSELF IF YOU ARE TRULY HUNGRY AND EXPERIENCING PHYSICAL HUNGER, OR IF YOU'RE EATING OUT OF BOREDOM.**

- 1/4 cup fruit/nut trail mix
- 1 whole wheat tortilla with 2 slices of deli turkey
- 5-6 oz Greek yogurt
- 1 cup veggies with 1/4 cup hummus
- 2 ounces canned tuna/salmon/chicken salad with 6 whole wheat crackers
- 1 boiled egg with 6 whole wheat crackers
- 1 slice whole wheat toast with 1 tablespoon peanut butter
- 1 string cheese with 6 whole wheat crackers
- 1/4 cup almonds with 15 grapes
- 1/4 cup crunchy chickpeas
- 1/2 cup any fruit with 1/2 cup cottage cheese
- 1 small apple with 2 tablespoons peanut butter
- 1 meal replacement shake (aim for 5-10 protein grams and 15-20 carb grams)
- 1 fruit and nut granola bar
- 3 cups popcorn sprinkled with parmesan cheese
- 2 oz ham chunks with 3/4 cup pineapple chunks
- 1/4 cup salsa with 6 tortilla chips
- 1 scrambled egg on 1/2 an English muffin
- 1 cup bell pepper slices with 1/4 cup guacamole
- 1 cup strawberries, 2 tablespoons whipped cream, 10 peanuts, 1 teaspoon chocolate syrup
- 7 pita chips, 1 tablespoon hummus, 4 olives

**ALL SNACKS CONTAIN APPROXIMATELY 15 GRAMS OF CARBS**