

SNACK COMBINATIONS

STEP 1: PICK 1 FRUIT OR VEGETABLE

1 Banana 1 cup Carrots

1 Apple 1 cup Celery

1 Orange 1 cup Snap Peas

1 cup Grapes 1 cup Cucumbers

1 cup Berries 1 cup Bell Peppers

1 cup Pineapple 1 cup Broccoli

1 Pear 1 cup Cherry Tomatoes

1 Peach 1 cup of Cauliflower

STEP 3: PICK A CRUNCH TO PAIR WITH PROTEIN OR FAT

12 Whole Wheat Crackers

2 cups Lite Popcorn

12 Whole Wheat Pretzel Sticks

12 Corn Tortilla Chips

1/3 cup Granola No Sugar Added

2 Rice Cakes

12 Veggie Chips

16 Wheat Snacks

STEP 2: PICK A PROTEIN OR FAT

1 String Cheese Stick

1 Container Greek Yogurt

1 cup Cottage Cheese

1 tbsp Peanut Butter

1/4 cup Hummus

1/4 cup Almonds

1/4 cup Cashews

1 Boiled Egg

4 slices Deli Turkey Breast

DIETITIAN TIP

Has it been 3 hours since you last ate? It may be time to grab a snack!

Are you feeling tired, shaky and grumpy, if you have a headache, and your stomach is growling.



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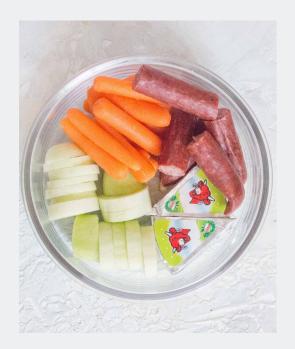
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Need a Visual?

Here are examples of well balanced snacks with proper portion sizes!



- One cup of grapes
- 12 pretzel crisps
- 1 oz of cheese



- 2 oz deli meat
- 1/2 cup carrots
- 1/2 cup cucumbers
- 1 oz of cheese

DIETITIAN TIP

Before reaching for a snack, ask yourself if you are truly hungry and experiencing physical hunger, or if you're eating out of boredom.

Images Source: carmyy.com



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