

# SNACK PLANNER

When building a snack you should aim to include protein and an energy source (carbohydrates or fat). Including an energy source with some dietary fiber will help keep you fuller for longer! Here are some combinations that make a well-balanced snack, followed by examples and tips below.

## BALANCED SNACK COMBINATIONS

1. PROTEIN	2. CARBOHYDRATE	3. FAT
1. PROTEIN	2. CARBOHYDRATE	3. VEGETABLE
1. PROTEIN	2. FAT	3. VEGETABLE

## CARBOHYDRATES

Fruit	Fresh, frozen, dried, canned, 100% juice
Grain/Starch	Bread, bagel, muffin, tortillas, chips, cereal, oatmeal, pretzels, crackers, popcorn, granola, beans, and potato, sweet potato, quinoa, rice, pasta

## PROTEIN

Meat	Milk
Yogurt	Cheese
Nuts	Nut Butter
Beans	Quinoa
Seeds	Eggs
Hummus	Fish/Tuna
Cottage Cheese	Soy Milk

## FAT

Almond Milk	Avocados
Nuts	Nut Butter
Olives	Seeds
Cream Cheese	Ranch/Dip

## TIPS WHEN CREATING A SNACK

- Many protein sources will also contain fats, except lean meats and fat-free dairy. The following proteins do: Meat, nuts/nut butters, seeds, milk, yogurt and cheese. You can still add a fat, but it would also be sufficient to pair these proteins with a carbohydrate! *Below are some examples.*
  - ✓ Cheese with crackers and fruit
  - ✓ Yogurt with fruit, granola, or chocolate covered pretzels
  - ✓ Toast with nut butter (optional to add chia seeds and honey)
  - ✓ Tuna with crackers (could also add something like fruit)
- When picking grains, strive to make ½ of them whole grains. Whole grains have more fiber in them!
- Vegetables can be added to any snack or replaced by a carbohydrate. Although they are not a significant source of energy, they do contain fiber. Including a fat source would be beneficial for more energy.
- Remember that “low-calorie” also means low energy! Low-calorie snacks will likely not be substantial enough to keep you full.