



HEALTHY SNACK CHOICES

Snack Guidelines:

- Work in snacks around a foundation of three, balanced meals each day.
- Don't skip breakfast. Eat within one hour of waking up and try to eat every four hours from your first meal.
- Use pre-portioned snack foods whenever possible. Make your own "snack" bags by putting bulk items such as dried fruit, crackers, nuts or cereal in snack-size bags.
- To save time in the kitchen, fix lunch when making dinner and plan for leftovers.
- Carry snacks with you so they are always available.
- If a meal is delayed beyond four to five hours, eating a protein choice at your snack may keep you satisfied longer.

Snack Choices: 15 - 20 Gram Carbs and 80 - 20 Calories

- One piece fresh fruit (baseball size)
- 1 small banana
- ¼ cup raisins or other dried fruit
- 1 ½ cups watermelon or strawberries
- 15 to 17 grapes or cherries
- 2 clementines, tangerines or plums
- ½ cup lite fruit snack pack
- ½ grapefruit
- 1/3 cantaloupe
- 1 granola or cereal bar: 2 grams fiber or more bar preferred (Fiber One; Kashi, Pria, Special K, Quaker High Fiber)
- ½ cup high fiber cereal (Kashi Go Lean or Frosted Mini Wheats)
- 1 ounce pretzels (whole-wheat variety)
- 3 - 4 graham cracker squares (2 ½" each)
- 1 ounce (3 tablespoons) trail mix
- Mini-bag or snack-size popcorn (Smart Pop)
- 10 to 15 baked tortilla chips with salsa
- 5 to 6 whole-grain snack crackers (Triscuit)
- 12 Wheat Thins (low fat, whole wheat)
- 1 cup vegetable or broth-based soup

Snack Choices: 15 - 20 Gram Carbs and 80 - 20 Calories (Continued)

- ½ cup (1 carton) snack pack pudding (sugar free preferred)
- 1 package sugar-free hot cocoa
- Sugar-free gelatin
- 1 carton light yogurt (4 to 8 ounces)
- Yoplait Go-Gurt or Dannon Light & Fit Smoothies (try fiber)
- 1 cup low fat milk or soymilk
- 1 scoop (1/2 cup) light or no sugar added ice cream
- Sugar free, low fat frozen bars and desserts (Dole, CarbSmart, Healthy Choice, Skinny Cow, Weight Watcher's single-serve products)
- 1 to 2 cookies (depending on brand)
- 1 cup vegetable juice

Snack Choices: Low Carb Protein – 80 to 100 Calories

- 1 ounce string cheese or mozzarella stick or 2% milk cheese slices
- ¾ cup cottage cheese
- 1 ounce lean lunchmeat (turkey, ham, chicken, sliced pork or roast beef)
- 3 ounce pouch or can water-packed tuna
- 1 ounce beef or turkey jerky
- 1 hard-boiled egg
- 1/8 cup nuts- about 15 nuts (peanuts, cashews, almonds, soy nuts)
- 2 tablespoons sunflower seeds
- Assorted raw vegetables with 2 tablespoons (1 ounce) regular dip or 4 tablespoon low-fat dip

Snack Choices: 100 Kilocalorie to 150 Calorie

- Combine a protein choice (1 tablespoon peanut butter, 1 ounce string cheese, 2 tablespoon hummus, 1 hard boiled) with a carb choice (5 wheat crackers, apple or other fruit, ½ bagel, 6" tortilla or ½ pita pocket)
- 4 or 6 pack peanut butter crackers