

Healthy Snacking Ideas

Snacking can be part of a healthy diet as long you make smart choices! Try combining a fruit, vegetable, or whole grain with a protein at every snack. **Protein** will help you stay full longer. Fruit, vegetables, and grains contain **fiber**, which will also help you feel full while packing in lots of nutrients!

Fruit, vegetable, or grain + Protein = One Healthy Snack!

Fruit, vegetable, or whole grain	Protein	*Healthy Snack Combination
-1 mini whole wheat bagel	-2 slices low sodium turkey meat	-Mini whole wheat bagel + turkey
-1 small apple	-1 string cheese stick	-Apple + mozzarella stick
-1 cup strawberries	-2 oz plain or light fat-free Greek yogurt	-Strawberries + fat-free Greek yogurt
-1 cup cucumbers	-1 oz water-packed tuna	-Cucumbers + tuna (w/ 1-2 tsp light mayo)
-1 small orange	-½ oz peanuts (14 peanuts)	-Orange + peanuts
-½ cup cooked oatmeal	-1 tablespoon sunflower seeds	-Oatmeal made w/ 1% milk + sunflower seeds
-18 baby carrots	-2 tablespoons hummus	-18 baby carrots + hummus

*Aim for a combination that has 150-200 calories (or less), at least 5g of protein, and at least 5g of fiber! Each of these combinations do!

On-the-Go Snacks

Healthy snacking on-the-go can be tricky! Below are some great snack options that can also keep you on track. Keep these in your car, bag/backpack, or desk drawer for emergency snacking situations.

- Protein breakfast bar: Check the label and aim for less than 5g of sugar, at least 5g of fiber, and 150-200 calories or less.
- Dried soybeans (aka edamame): These crunchy beans contain protein and fiber to help you stay full. They also come in a variety of flavors!
- Nut butter and a piece of fruit: Some nut butters are sold in individual to-go cups, or you can pre-portion it yourself in small containers.
- Jerky and a light/juice-packed fruit cup: Choose low sodium, lightly flavored jerky to keep it healthier.
- Whole wheat crackers and canned/pouch tuna: Try different low-calorie tuna flavors like lemon pepper or sweet and spicy.

Remember: choose snacks that have 150-200 calories or less, at least 5g of protein, and at least 5g of fiber!