



# SNACK OPTIONS

**NOTE: BUY A FEW MID-SIZED AIRTIGHT CONTAINERS. THEY WILL MAKE SNACKS CHEAPER AND EASIER TO CARRY AROUND.**

## HEALTHY SNACK OPTIONS: CHOOSE ONE ITEM FROM EACH COLUMN

Eating a carbohydrate and a lean protein/healthy fat will stabilize blood sugar and give you more energy!

### Carbohydrate

- 1 cup whole grain dry cereal
- ¼ cup low-fat granola
- 1 whole wheat mini bagel/Thins™ bagel
- 1 slice whole wheat bread
- Fiber One™/All Bran™ granola bar
- Nature Valley™ granola bar
- Kashi TLC™ chewy/crunchy granola bar
- ¼ cup oats/1 packet plain oatmeal
- 1 serving whole wheat crackers
- 1 serving pretzels
- 1 serving multi-grain pita chips
- 1 serving baked chips (Baked Lays™/Sun Chips™)
- 1 individual pudding
- 1 individual fruit
- 1 cup berries or chopped fruit
- 15 bite size fruit
- 1/4 cup dry fruit
- 1 Skinny Cow Ice Cream™ (for a dessert)

### Protein/Healthy Fat

- 2% string cheese
- 1 slice 2% cheese
- 1-2 oz deli meat
- 1 egg
- 6 oz yogurt
- 8 oz low-fat milk
- 1/2 – 1 cup cottage cheese
- ½ scoop whey protein powder
- 3 oz can tuna fish in water
- 1-2 oz turkey jerky
- 1 cup edamame
- ¼ - ½ cup hummus
- ¼ - ½ cup avocado
- 2-3 Tbs. nuts
- 2 Tbs. flaxseed
- 100 calorie Plantar Nut Pack
- ¼ cup Sunflower/Pumpkin Seeds
- 1-2 Tbs. peanut butter



## HIGH CALORIE SNACKS

### Tips for adding “quality” calories to food...

- Add 2 spoons peanut butter to things like toast, bagels, oatmeal, crackers, shakes, etc.
- Add granola to cereal, trail mix, yogurt, oatmeal
- Add avocado to salads, sandwiches, wraps, chips, crackers, dips
- Eat sandwiches on wheat buns, subs, or bagels instead of on bread or a thin wrap
- Choose high calorie cereals, energy bars, granola bars, yogurts, etc.
- Cook vegetables and meat in Extra Virgin Olive Oil
- Make shakes with high calorie shake powder & add things like peanut butter, honey, yogurt, avocado, 100% fruit juice etc
- Add nuts to cereal, granola, trail mix, oatmeal, yogurt, salads & eat plain
- Drink 2% milk, low-fat chocolate milk and/or some juice with meals and snacks
- Eat a snack (as mentioned above) right before you go to bed, 7 days a week
- 2 Quaker Oatmeal Square™ bars, 20 oz low-fat chocolate milk & ½ cup nuts

## SNACK LIST

Snacks	200 calories	400 calories	600 calories
<b>Cantaloupe &amp; low fat yogurt</b>	½ a medium melon with ½ a cup low fat yogurt	½ a medium melon with 1 cup low fat yogurt topped with ½ oz (7 halves) of walnuts	½ a medium melon with 1 cup low fat yogurt topped with 1 ½ oz (about 17 halves) of walnuts
<b>Fruit bar &amp; low fat milk</b>	1 frozen fruit bar with 8 fl. Oz of non fat milk	1 frozen fruit bar with 6 fl. Oz of 2% milk	1 frozen fruit bar with 2 cups of 2% milk and 1 scoop protein powder
<b>Yogurt &amp; granola</b>	½ cup non fat fruit flavored yogurt with 1 hard granola bar crumbled on top	1 cup fruit flavored low fat yogurt with 1 hard granola bar crumbled on top	1 cup fruit flavored low fat yogurt with 1 hard granola bar crumbled on top & 1 medium banana rolled in 1 Tbls PB
<b>Fruit Smoothie</b>	1 cup non fat milk, 1 ½ cup mixed fruit, ice, blend.	1 cup low fat fruit flavored yogurt, 2 cups mixed fruit, ice, blend.	2 cups 2% milk, 1 large banana (or 2 small), 1 Tbls PB, 1 scoop chocolate flavored protein powder, ice, blend.
<b>Cottage cheese and veggies</b>	1 cup low fat cottage cheese mixed with ½ cup salsa	1 ½ cup low fat cottage cheese mixed with ½ cup salsa, ¼ cup hummus with mixed veggies (baby carrots, bell pepper strips)	1 ½ cup low fat cottage cheese mixed with ½ cup salsa & 1 medium pita pocket filled with ¼ cup hummus and mixed veggies



<b>Celery with bean dip</b>	5 celery sticks dipped in ¼ low fat bean dip	7 celery sticks dipped in ¾ cup low fat bean dip sprinkled with parmesan cheese	Carrot and celery sticks dipped in 1 cup of bean dip mixed with ¼ cup parmesan cheese
<b>Bagel chips and cream cheese</b>	3 bagel chips spread with 2 Tbls light cream cheese mixed with 1 Tbls salsa	5 bagel chips spread with 3 Tbls light cream cheese mixed with 1.5 Tbls salsa sprinkled with shredded cheddar jack cheese	1 cup bagel chips spread with ¼ cup cream cheese mixed with 2 Tbls salsa and 1 Tbls shredded cheddar jack cheese
<b>Couscous</b>	½ cup plain cooked couscous with ¼ cup tomato sauce topped with 1 Tbls grated parmesan	1 ½ cup plain cooked couscous with ½ cup tomato sauce topped with 2 Tbls grated parmesan	2 cups plain cooked couscous with 1 cup tomato sauce topped with 3 Tbls grated parmesan
<b>Bean Tortilla</b>	1 medium whole wheat tortilla filled with ¼ cup low fat refried beans and 2 Tbls salsa	1 medium whole wheat tortilla filled with ½ cup low fat refried beans, ¼ cup salsa and ¼ cup Colby jack cheese	1 large whole wheat tortilla filled with ¼ cup low fat refried beans, ¼ cup salsa, ¼ cup Colby jack cheese and 2 Tbls sour cream
<b>Graham crackers and spread</b>	2 graham cracker sheets spread with 1 Tbls PB	3 graham cracker sheets spread with 2 Tbls PB and one miniature box of raisins	4 graham cracker sheets spread with 2 Tbls PB and ¼ cup raisins sprinkled with chopped nuts
<b>Apples and almond butter</b>	1 ½ cups apple slices dipped in 1 Tbls almond butter	2 cups apple slices dipped in 2 Tbls almond butter drizzled with 1 Tbls honey	2 cups apple slices topped with 2 slices of cheddar cheese and 10 baby carrots dipped in 2 Tbls almond butter

## STOCK YOUR REFRIGERATOR AND CABINETS WITH READY-TO-GO FOODS TO CREATE HEALTHY SNACKS:

- low fat dairy: yogurt, cottage cheese, string cheese, chocolate/vanilla/berry flavored milk/soymilk/smoothie/kefir
- lean protein sources: sliced deli meats, jerky, hard-boiled eggs, water packed tuna/chicken/salmon, raw or roasted nuts/seeds/spreads, hummus, bean dip, edamame
- ready-to-eat fruit: berries, apples, pears, bananas, melon, oranges, grapes, frozen fruit bars, dried fruit like mangoes, apples, single serve fruit cup
- fresh cut-up veggies: baby carrots, cherry tomatoes, snap peas, sliced bell peppers, broccoli, zucchini, squash
- grains: fig bars, single serve brown rice, lentil pouches, granola bars, graham crackers, air popped popcorn, low-fat bran muffins