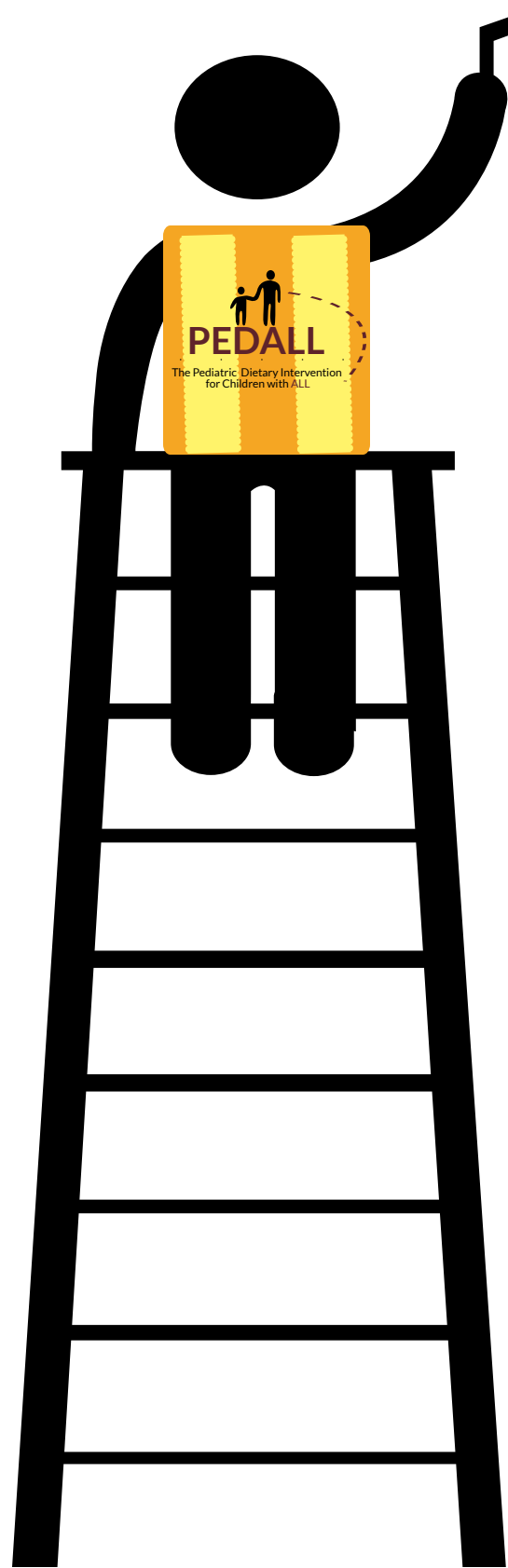


Healthy Snacking

Snacking in between meals is a great way to provide both energy and nutrients while keeping the body satisfied until the next meal. However, snacking can be contributing to unwanted weight gain if snacks are consisting of energy-dense, ultra-processed foods or if they are promoting rapid spikes and drops in blood sugar that promote feelings of hunger and cravings.

When a snack consists solely of a processed carbohydrate (pretzels, cookies), it causes a rapid spike in blood sugar followed by a rapid drop. This leads to hunger returning soon after eating and increased carvings for more processed carbohydrates. Building a better snack involves combining a fiber-containing carbohydrate with a lean source of protein or healthy fat to promote a more gradual increase in blood sugar levels and sustained satiety and energy levels until the next meal.

Building a Better Snack



Step 1:

Building a better snack starts with a strong foundation! Use snack time as an opportunity to incorporate fiber, vitamins, and minerals by using a fruit, vegetable, or whole grain as a base for your snack.

Fruits

- Apple
- Peach
- Pear
- Banana
- Blackberries
- Blueberries
- Raspberries
- Orange
- Strawberries
- Cherries
- Grapes
- Kiwi
- Mandarin
- Nectarine
- Tangerine
- Clementine

Vegetables

- Carrots
- Celery
- Broccoli
- Snap Peas
- Bell Peppers
- Cherry Tomatoes
- Cucumber

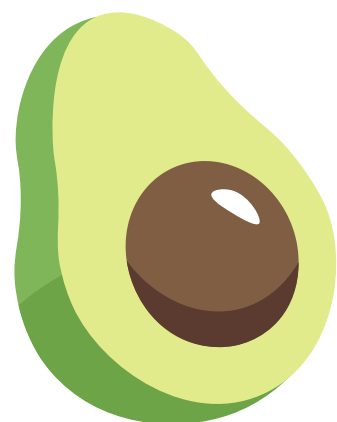
Grains

- 100% whole grain bread or pita
- 100% whole grain crackers

Step 2:

Add in the furnishings! Add in a lean protein and or healthy fat source to your snack to promote satisfaction and sustained energy levels.

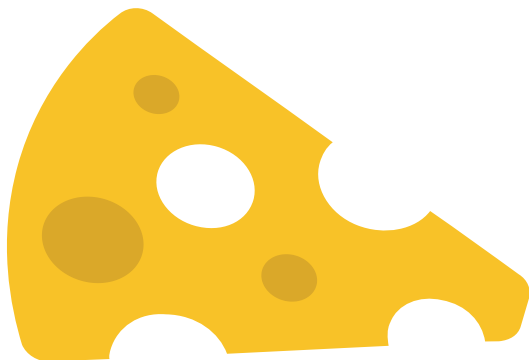
Hunger-Crushing Add-ons:



Avocado



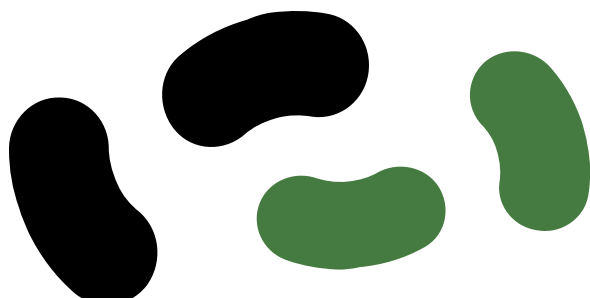
Greek Yogurt



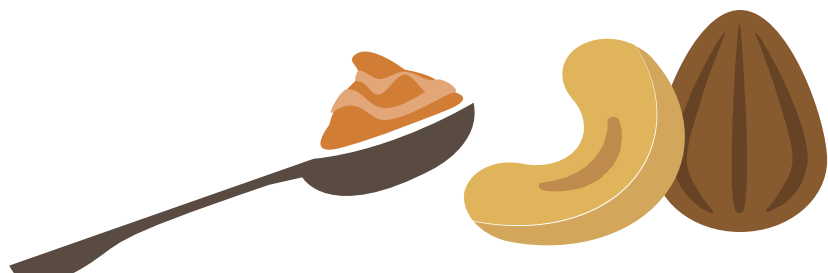
Cheese



Hummus



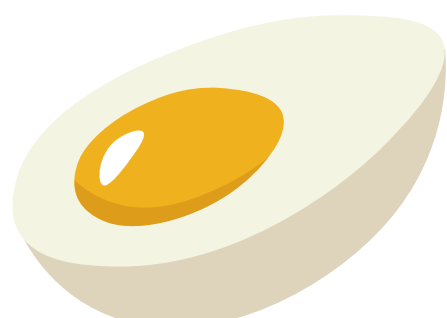
Beans and Legumes



Nuts and nut butter



Poultry, meat, fish

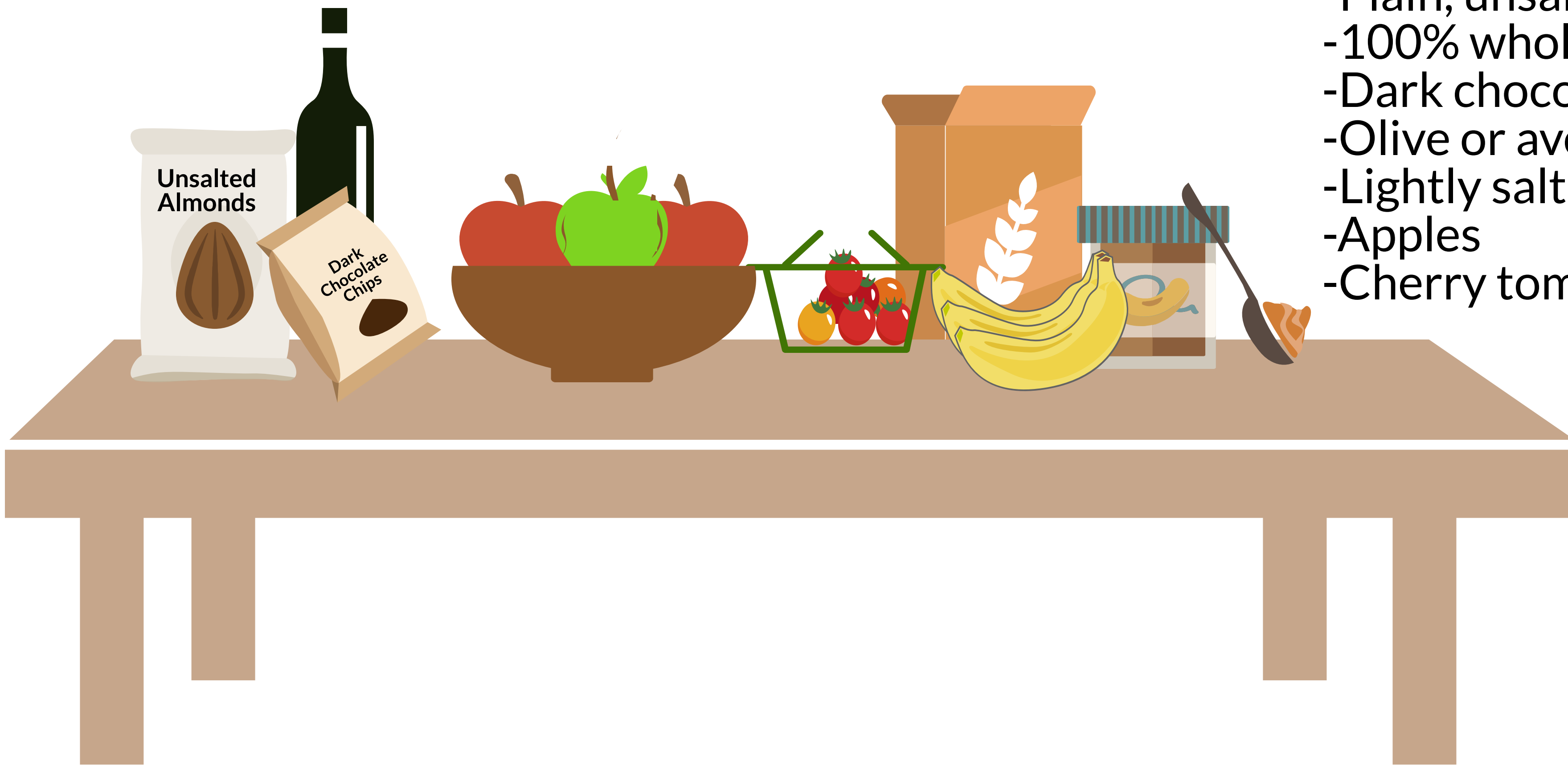


Eggs

Snack Tool Kit

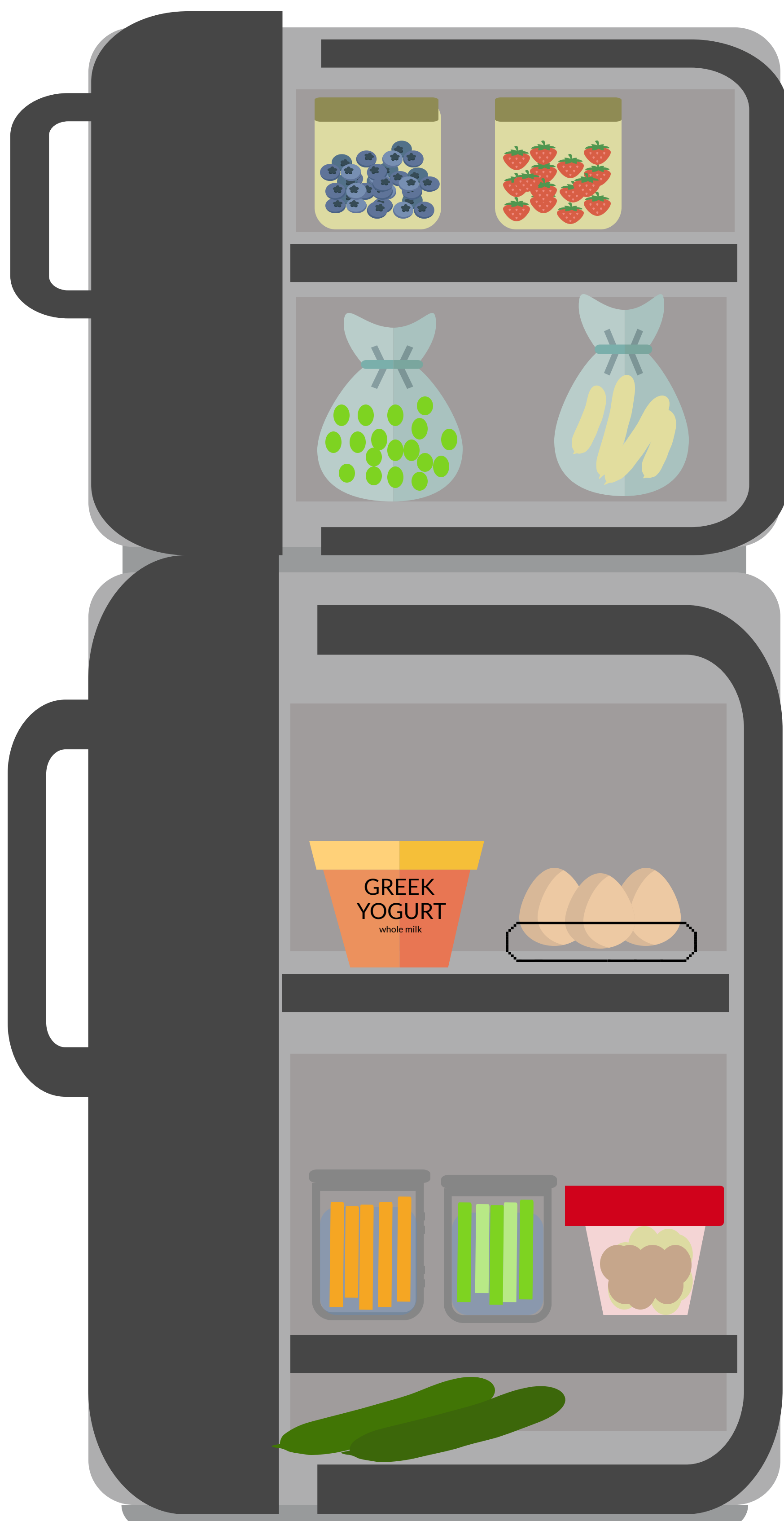
Pantry/Counter

- Peanut or almond butter (opt for no sugar added)
- Bananas
- Plain, unsalted nuts
- 100% whole grain crackers
- Dark chocolate chips
- Olive or avocado oil
- Lightly salted popcorn
- Apples
- Cherry tomatoes



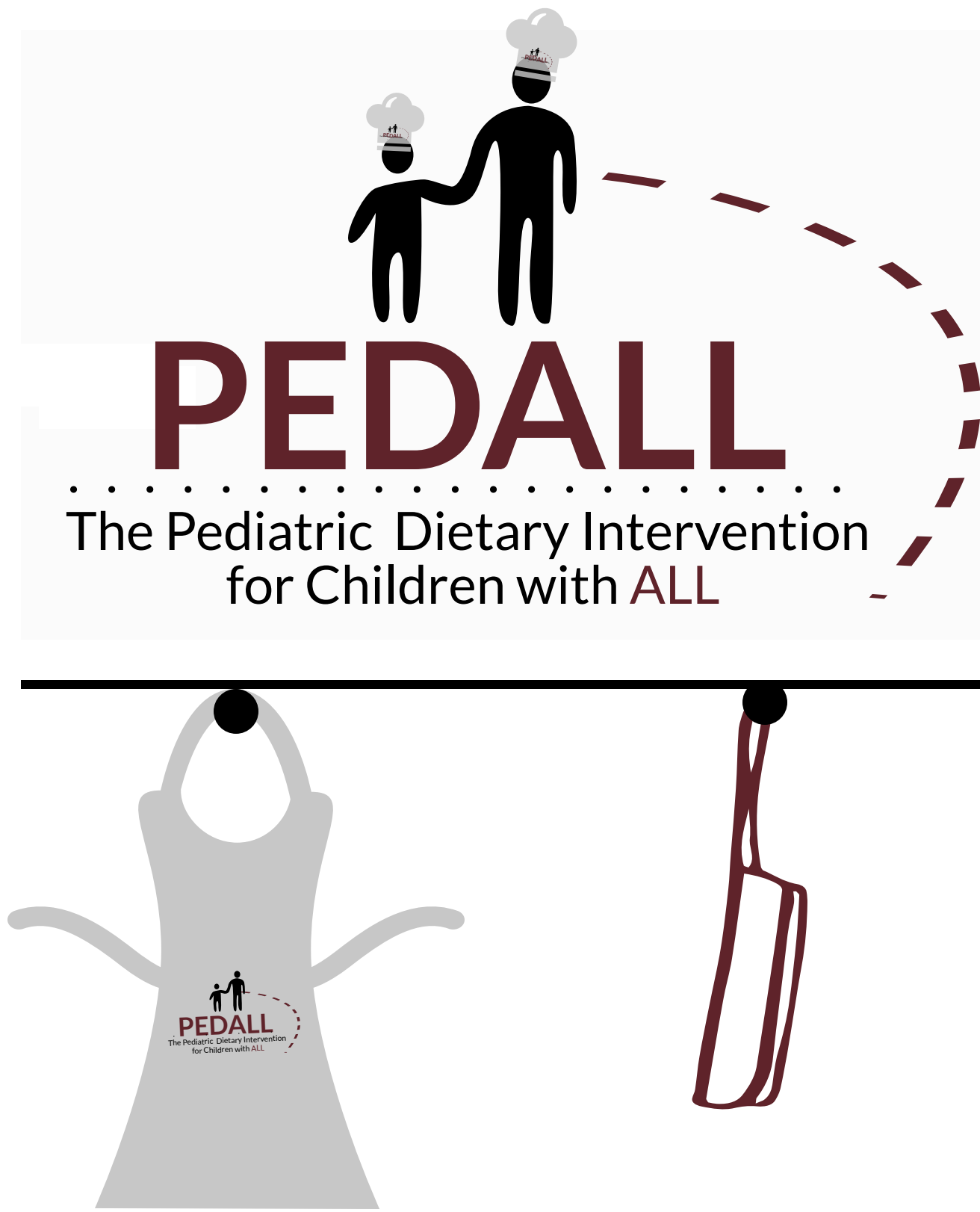
Freezer

- Grapes
- Mixed berries
- Bananas

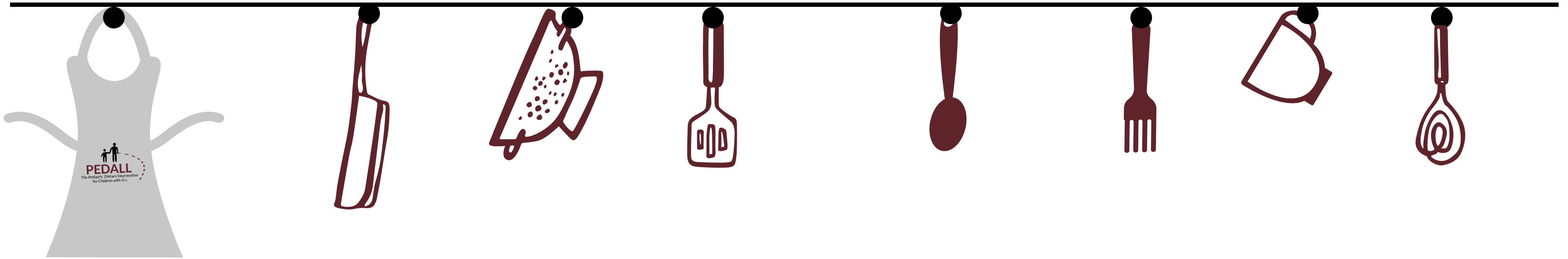
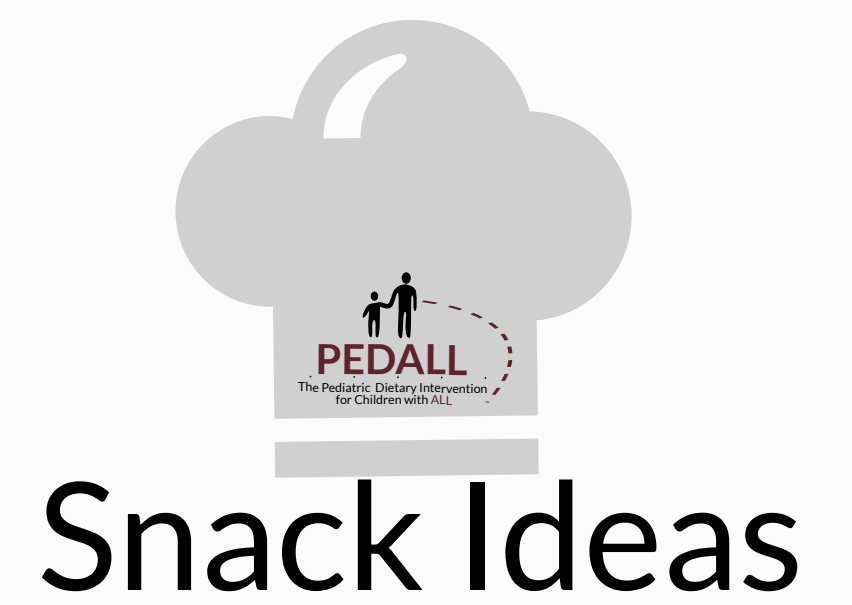


Fridge

- Carrot and celery sticks
- Cucumber
- Hard boiled eggs
- Tuna or chicken Salad
- Hummus or bean dip
- Cheese sticks
- Cottage cheese
- Greek yogurt



Try This!



- Carrot sticks, celery sticks, cucumber slices, or bell pepper slices dipped in hummus, bean dip, or yogurt dip
- Greek yogurt topped with fresh or frozen berries
- Sliced apple or banana with nut butter
- Celery sticks topped with cream cheese or nut butter
- Piece of fresh fruit with almonds, cashews, peanuts, or walnuts
- Piece of fresh fruit with a cheese stick
- Low fat milk with dark chocolate
- Whole grain toast topped with nut butter and sliced banana
- Whole grain crackers topped with hummus and cucumber slices
- Whole grain bread, whole grain English muffin, whole grain pita, or whole grain crackers topped with Tuna, chicken or egg salad