



# HEALTHY SNACK GUIDE

## SNACK COMBINATIONS

### STEP 1: PICK 1 FRUIT OR VEGETABLE

- |                 |                       |
|-----------------|-----------------------|
| 1 Banana        | 1 cup Carrots         |
| 1 Apple         | 1 cup Celery          |
| 1 Orange        | 1 cup Snap Peas       |
| 1 cup Grapes    | 1 cup Cucumbers       |
| 1 cup Berries   | 1 cup Bell Peppers    |
| 1 cup Pineapple | 1 cup Broccoli        |
| 1 Pear          | 1 cup Cherry Tomatoes |
| 1 Peach         | 1 cup of Cauliflower  |

### STEP 3: PICK A CRUNCH TO PAIR WITH PROTEIN OR FAT

- 12 Whole Wheat Crackers
- 2 cups Lite Popcorn
- 12 Whole Wheat Pretzel Sticks
- 12 Corn Tortilla Chips
- 1/3 cup Granola No Sugar Added
- 2 Rice Cakes
- 1 Veggie Straws Bag
- 16 Wheat Thins

### STEP 2: PICK A PROTEIN OR FAT

- 1 String Cheese Stick
- 1 Container Greek Yogurt
- 1 cup Cottage Cheese
- 1 tbsp Peanut Butter
- 1/4 cup Hummus
- 1/4 cup Almonds
- 1/4 cup Cashews
- 1 Boiled Egg
- 4 slices Deli Turkey Breast

### DIETITIAN TIP

Has it been 3 hours since you last ate? It may be time to grab a snack!

You may also need a snack if you find yourself feeling tired, shaky and grumpy, if you have a headache, and your stomach is growling.

# Need a Visual?

Here are examples of well balanced snacks with proper portion sizes!



- One cup of grapes
- 12 pretzels
- 1 oz of cheese



- 2 oz deli meat
- 1/2 cup carrots
- 1/2 cup cucumbers
- 1 oz of cheese

## DIETITIAN TIP

Before reaching for a snack, ask yourself if you are truly hungry and experiencing physical hunger, or if you're eating out of boredom.