



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 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

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

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!



image source: carmyy



- 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.