



Pick the perfect snack!

pick one

PROTEIN
(helps you feel full & satisfied)

add one

CARB
(gives you long-lasting energy)

A healthy snack is a protein paired with a carb, so pick one food from each column to find combos you love.

 hardboiled egg	 1/2 cup cottage cheese	 1/2 cup berries	 2 rye crisps
 2 T nut butter	 1/4 cup vegetarian refried beans and salsa	 1/2 cup fresh or canned fruit with no added sugars	 half an apple
 1 oz jerky	 2 T hummus	 6 whole grain crackers	 broccoli, jicama, carrots, celery
 1/2 cup yogurt	 1 oz nuts	 1 oz baked chips	 1/2 baked sweet potato
 low or non-fat milk and milk alternatives	 1/4 cup egg, tuna or chicken salad	 1/2 pita, whole wheat bread or bagel	 1 oz dried fruit

PLAN AHEAD!

- Stock healthy snacks in your refrigerator, pantry, office desk drawer, and backpack
- Take along snacks when traveling
- Portion snack items into snack-size grab-and-go baggies
- Be an example for your children and co-workers by eating healthy snacks and drinking water instead of sweetened beverages