

Combination Snacks

Balanced snacks help curb hunger, keep blood glucose steady, and add an extra boost of nutrition and energy. Schedule your snacks in-between your meals so you eat approximately every 3-4 hours. When choosing your snacks, keep the following tips in mind:

- Combine a carbohydrate choice and protein choice for an energizing snack. Look for high fiber foods.
- Be mindful of portion sizes.
- Use snacks as an opportunity to add more whole grains, fruits, vegetables, healthy fat, and lean proteins into your diet.
- Stock up on healthy options so you don't go hungry or give in to temptation.

Create your own snacks by selecting one carbohydrate food and match it with a protein:

Complex Carbohydrate	Protein
1 slice whole grain bread	1/4 cup nuts
1 whole grain toaster waffle	1 Tbsp natural nut butter (e.g. peanut, almond, etc)
1/2 multigrain English muffin	1 boiled egg
1/2 cup cooked cereal (e.g. oatmeal)	1/2 cup cottage cheese
3/4 ounce low sugar/high fiber cereal	1 light string cheese
3/4 ounce pretzels (15 mini)	1 slice lean deli meat (e.g. turkey or chicken)
3 cups microwave popcorn	1 ounce shrimp/fish
15 baked potato chips	1/3 cup hummus
8 animal crackers	2 Tbsp pumpkin or sesame seeds
8 dried apricots or 2 Tbsp raisins	1/2 cup tuna salad
3/4 cup blueberries or 1-1/4 cup strawberries	1/2 cup Greek yogurt
1 cup melon balls	
15 grapes	For additional flavor: 1 Tbsp fat free cream cheese or sour cream, 2 tsp light jam, 1 Tbsp ketchup or mustard, 1/4 cup salsa.
1 cup raw veggies	