

Snacks

(Choose 1 snack between each meal - up to 3 snacks per day)

*Include 1 protein and 1 carbohydrate to keep you feeling full, longer

Protein (Choose 1 serving)

1 serving equals

- 1 ounce cheese
- 1 cup milk or unsweetened soy milk
- 1 cup yogurt, plain
- 1 string cheese
- 1 large hard-boiled egg
- $\frac{1}{3}$ cup hummus
- $\frac{1}{4}$ cup unsalted nuts (almonds, walnuts, pecans)
- 47 unsalted pistachios (1 ounce)
- 2 tablespoons natural nut butter

Carbohydrate (Choose 1 serving)

1 serving equals

- Fruit (see serving sizes above) aim for no more than 3 to 4 fruits per day
- Whole-wheat crackers (refer to serving size on package)
- $\frac{1}{2}$ whole-wheat english muffin
- 1 slice of whole-wheat bread or 2 slices of light whole-wheat bread
- Whole-grain tortilla chips (refer to serving size on package)
- 3 cups of air-popped corn

Other Snack Ideas

1 serving equals

- 2 tablespoons guacamole and 1 cup raw veggies (peppers, cucumbers)
- 3 ounces cooked shrimp and 1 tablespoon cocktail sauce
- 1 sliced tomato, 1 ounce mozzarella and balsamic vinegar
- $\frac{1}{2}$ cup slice peaches and 1 ounce prosciutto
- 100-calorie whole grain snack pack
- Whole-grain granola bar (look for 3 or more grams of fiber per bar; 8 or less grams of sugar per bar)
- 1 ounce 70% dark chocolate squares
- $\frac{1}{2}$ peanut butter sandwich on whole-grain bread
- Homemade smoothie ($\frac{1}{2}$ cup yogurt, 1 cup milk, and 1 cup frozen fruit blended together)
- 1 cup plain greek yogurt with $\frac{1}{2}$ cup fruit and 1 teaspoon of chopped nuts