

Snack Ideas

Good quality snacks will help manage your hunger between meals. This may be important in helping you make healthy choices and control portions at meal-time. Choose snacks that contain a combination of protein and high fiber carbohydrates for longer lasting energy.

TRY A COMBINATION OF PROTEIN AND HIGH FIBER CARBOHYDRATES:



PROTEINS

milk, yogurt, cheese, nuts, seeds and nut/seed butters, tuna, eggs, hummus, beans



CARBOHYDRATES

high fiber crackers, high fiber cereal, whole grain bread, vegetables, fruits

Smaller Snacks (100-150 Kcal):

- 95 Kcal 100 g Source or Silhouette 0% fat yogurt (35) + ¼ cup Kellogg's All Bran Buds (60)
- 105 Kcal 4 tbsp President's Choice Greek Yogurt Dip (60) + 1 cup baby carrots (45)
- 108 Kcal 3 tbsp Summer Fresh light hummus (60) + 2 Finn Crisp crackers (48)
- 110 Kcal 100 g Source 0% fat Greek yogurt (50) + ¾ cup blueberries (60)
- 110 Kcal 7 almonds (50) + 1 small pear (60)
- 110 Kcal 2 light Laughing Cow wedges (50) + 3 Triscuit 40% less sodium crackers (60)
- 110 Kcal 1 hard-boiled egg (70) + 1 Ryvita cracker (40)
- 113 Kcal 2 tsp peanut butter (60) + 2 Wasa Crispbread (53)
- 115 Kcal 4 walnut halves (55) + 3 dried apricots (60)
- 120 Kcal 35 edamame pods
- 120 Kcal 113 g Nordica 1% fat plain cottage cheese (90) + ½ cup cubed cantaloupe (30)
- 120 Kcal 1 light BabyBel cheese (50) + 1 small apple (70)

Larger Snacks (150-200 Kcal):

- 150 Kcal 1 tbsp almond butter (90) + 1 slice Stonemill bread (60)
- 150 Kcal Kashi Chewy Bars, Seven Whole Grains and Almonds or Cherry Dark Chocolate
- 155 Kcal ½ cup chickpeas (135) + 4 tbsp salsa (20)
- 156 Kcal 100 g Oikos Greek 2% fat yogurt (90) + 2 tbsp ground flaxseed (66)
- 160 Kcal 25 pistachios (100) + 3 dried apricots (60)
- 160 Kcal Clover Leaf Tuna Salad Kit Classic (tuna + crackers)
- 170 Kcal Summer Fresh Snack'n Go Hummus and Flatbread
- 170 Kcal 100g Source 0% Greek yogurt (50) + 1 No Nuttin Raisin Granola Bar (120)
- 180 Kcal ½ cup Kashi Go Lean cereal (100) + 1 tbsp raisins (30) + 1 tbsp chopped walnuts (50)
- 180 Kcal 113 g Nordica plain 1% fat cottage cheese (90) + 2 Nair's Scottish Oat Crackers (90)
- 180 Kcal 1 ½ oz (42g) The Good Bean Roasted Chickpea Snack (180) *Sea Salt or Cracked Pepper*