

Snack Wisely

Planning well for snacks can be a healthy part of your diet. Snacking wisely can help you:

- Get better nutrition — by giving you more chances to get in your fruits, vegetables, and other healthy choices
- Keep up your physical and mental energy between meals — by keeping your blood sugar levels balanced
- Manage your weight — by preventing you from getting too hungry and overeating at your next meal

Plan ahead so a healthy choice is the easy choice

What foods should I choose to eat?

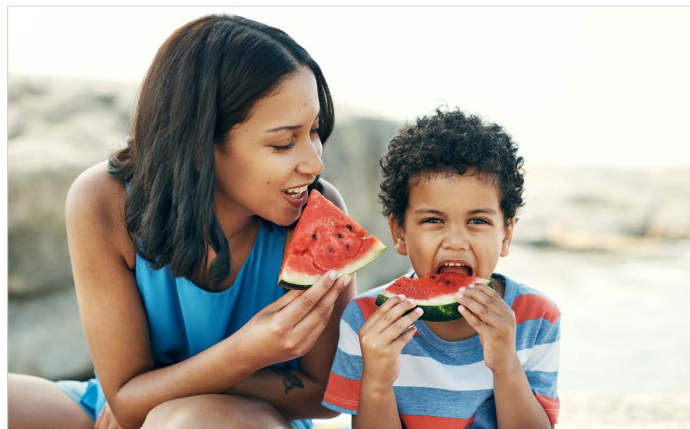
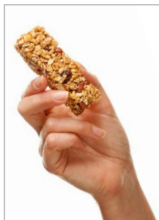
- Choose foods that digest slowly to keep you from getting hungry again right away, and have important nutrients that you need.
- A great snack has both:
 - **High-fiber carbohydrates**, such as whole grains, fruits, and vegetables
 - **Protein**, such as dairy products, nuts, and seeds

It's fine to eat one or the other, but a snack with both is extra satisfying.

- Include foods with healthy fats, like nuts and avocados.

How much should I eat?

- Use a small plate or bowl to help keep portions in line with hunger levels. If you're more physically active, you might need a bigger snack.
- Follow suggested serving sizes on food labels or try snack-size portions.



When and Where should I eat?

- The best time to have a snack is when you are physically hungry to bridge the gap to the next meal.
- Enjoy your snacks without distractions and eat sitting down, without the TV or your phone.
- Have your snacks ready when and where you need them: your desk, purse, bag, car, fridge, or at work.

Where will you keep your snacks?

How can I prepare for unplanned snacks?

No matter how well you plan, someone may bring donuts to work or leave a bag of chips by the TV. A less nutrient-dense snack is okay now and then. Have a plan for how you'll respond in these situations.



Situation: _____

Your response: _____

Try your snacking plan for a week and see how it works. Make changes as needed and start building a new habit of snacking wisely!

Here are some healthy snack ideas that are high in protein or high-fiber carbohydrates. Choose the foods you like or write in your favorites below.

Protein

Low-fat dairy

- ☐ Cheese (1 ounce, such as a mozzarella stick)
- ☐ Low-sugar yogurt (½ cup)
- ☐ Cottage cheese (½ cup)
- ☐ Low-fat milk or soy milk (1 cup)
- ☐ Hard-boiled egg or egg white (1 egg or 2 egg whites)

Nuts, Seeds, Legumes

- ☐ Trail mix (2 tablespoons)
- ☐ Nuts: Almonds, walnuts, pistachios, cashews, others (2 tablespoons)
- ☐ Sunflower or pumpkin seeds (2 tablespoons)
- ☐ Peanut butter or almond butter (1 tablespoon)
- ☐ Hummus (3 tablespoons)
- ☐ Crispy chickpeas or edamame (¼ cup)



Lean meat

- ☐ Tuna, water-packed (¼ cup)
- ☐ Beef jerky (1 ounce)
- ☐ Deli meat (1 or 2 slices)
- ☐ Rotisserie chicken (2 ounces)

Low-carb snacking

Focus on protein, vegetables, and healthy fats. Choose fewer grains and fruits. If you have diabetes or another condition, your doctor or dietitian may recommend snacks lower in carbohydrates.

Snack ideas

- | | |
|---|--|
| <input type="checkbox"/> Almond butter + celery | <input type="checkbox"/> Peanuts + popcorn |
| <input type="checkbox"/> Hummus + Carrots | <input type="checkbox"/> Avocado + sunflower seeds |
| <input type="checkbox"/> Tuna salad + cucumber | <input type="checkbox"/> Tomatoes + cottage cheese |
| <input type="checkbox"/> Cheese + broccoli | |

Sometimes we reach for food when we're thirsty, tired, or bored. Before you snack, consider these questions:

- Am I actually hungry or am I thirsty?
- Am I tired?
- Would a walk or rest be better?
- Will I be eating a meal soon?
- Do I feel stress or emotions that I should take care of first?

High-fiber carbohydrates

Whole grains

- ☐ Whole-grain crackers or chips (6 to 10 each)
- ☐ Popcorn (3 cups, unbuttered)
- ☐ Whole-grain granola bars (read label)
- ☐ Whole-grain bread (1 slice)
- ☐ Whole wheat pita (½ pita)

Fruit

- ☐ A piece of fruit: apple, orange, pear, banana, peach, others (1 small)
- ☐ Dried fruit, such as raisins or cranberries (2 tablespoons)
- ☐ Berries (1 cup) or Melon (1 cup)



Vegetables

- ☐ Carrots, celery, snap peas, peppers, cucumber, tomatoes or broccoli (1 cup)
- ☐ Avocado (¼ cup)

Make combinations of snack foods that have both protein and high-fiber carbohydrates. For example:

- ☐ Peanut butter + apple
- ☐ Beef jerky + crackers
- ☐ Banana + cottage cheese

My favorites
