It’s okay to snack!

Small snacks during the day can keep you from getting too hungry, so you won’t overeat when you finally have a meal. They also help to keep your blood sugar in a normal range.

**Carbohydrate**

- Carbohydrate will give you an extra burst of energy.

**Protein**

- Protein will help you feel fuller longer.

**Vegetables**

- Non-starchy vegetables add fiber and can help you feel fuller and more satisfied.

**Pick one choice from each box for your snack:**

### Pick 1 carbohydrate choice

- 3 cups fat-free popcorn
- 4 to 5 whole grain crackers
- 3 graham cracker squares
- 1 slice whole grain bread
- 1 small flour or corn tortilla
- 1/2 small bagel (1 ounce)
- 1 piece small fresh fruit (4 ounces)
- 6 ounces light yogurt

### Pick 1 protein choice

- 1 ounce low-fat cheese
- 1/4 to 1/2 cup nonfat or low-fat cottage cheese
- 1/4 cup of egg, chicken, or tuna salad
- 1 ounce of lean meat such as turkey or chicken breast
- 1 to 2 tablespoons unsalted peanut butter
- 1 hard-cooked egg

Add veggies to round out your snack. Here are some ideas:

- Carrot or celery sticks
- Cucumber slices
- Snap peas
- Cherry tomatoes
- Shredded lettuce
Here are some more snack ideas….

**Carbohydrate Choices**
- 1 ounce (1/2 to 1 cup) low sugar cereal
- 17 grapes
- 3/4 cup blueberries
- 1 cup melon, cut into cubes
- 1/2 cup canned fruit packed in juice (not syrup)
- 8 ounces nonfat or low-fat milk
- 3/4 ounce pretzels
- 6 saltine crackers

**Protein Choices**
- 1 ounce canned tuna or salmon – drained
- 1 string cheese
- 2 medium sardines
- 1 ounce unsalted nuts
- 1/4 cup reduced fat ricotta cheese
- 1/2 cup light tofu

**More Veggie Choices**
- Asparagus
- Beets
- Jicama
- Radish
- Bell pepper
- Cabbage – red and green

**Hummus and bean dips are also great for snacking:**
1/3 cup Hummus or 1/2 cup bean dip = 1 carbohydrate + 1 protein choice
Add carrot and celery sticks or some bell pepper slices for dipping.