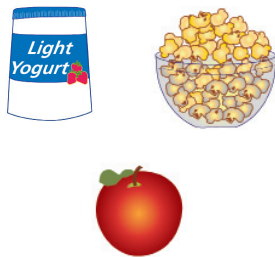


It's okay to snack!

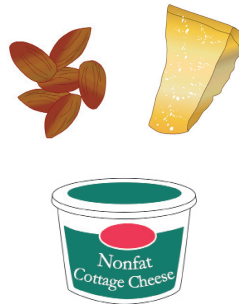
Small snacks during the day can keep you from getting too hungry, so you won't overeat when you finally have a meal. They also help to keep your blood sugar in a normal range.

Carbohydrate



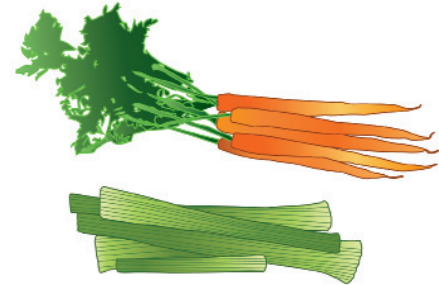
Carbohydrate will give you an extra burst of energy.

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:

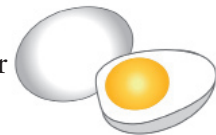
Pick 1 carbohydrate choice

- ☐ 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



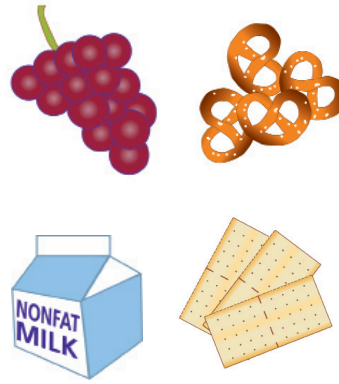
Add veggies to round out your snack. Here are some ideas:

- Carrot or celery sticks
- Cucumber slices
- Snap peas
- Cherry tomatoes
- Shredded lettuce

Here are some more snack ideas....

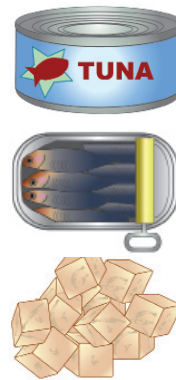
Carbohydrate Choices

- 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



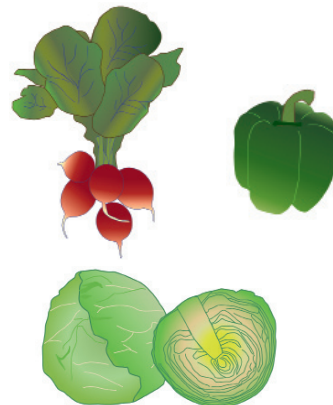
Protein Choices

- 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.