

## Healthy Snacking

Snacks between meals are important for keeping blood sugars at the right levels throughout the day. The type of food and the amount will vary depending on your individual needs. As a rule of thumb a good snack choice is a combination of a protein food plus a carbohydrate containing food and consists of approximately 100-200 calories. Listed below are some examples:

Apple and 1-2 T peanut butter

Peanut butter and crackers (6 whole wheat crackers + 1-2 T. peanut butter)

Celery Sticks spread with peanut butter and raisins

½ Peanut butter sandwich (1 slice whole grain bread + 1-2 T. peanut butter)

Tuna salad or salmon salad (1/4 cup tuna or salmon mixed with low fat salad dressing) and 6 whole wheat crackers or 1 slice of bread

6 oz. container fruit flavored Greek Yogurt (Chobani, Oikos, Fage Total 0%, Dannon Greek)

Smoothie made with greek yogurt, milk or protein powder and fresh/frozen fruit

Fairlife (chocolate or white milk), soy milk, skim or 1% milk or chocolate milk

Carnation Instant Breakfast

1 string cheese and fresh fruit

10 Multi-Grain Wheat Thins with 1 string cheese

Cheese and 6 Triscuit crackers

½ cup low fat cottage cheese and ½ cup diced fruit

2 wedges Laughing Cow spreadable cheese and crackers

6 whole wheat crackers topped with low fat cottage cheese and salsa

½ baked potato topped with salsa and 1 oz. shredded low fat cheese

1 Whole Light Multi-Grain English Muffin topped with tomato/pizza sauce + 1 oz. low fat mozzarella cheese and then baked

Trail mix

Mixed nuts and fruit

Popcorn

Raw veggies (baby carrots, bell pepper strips, celery, sugar snap peas) and hummus

Hummus and pita

1 tortilla and ¼ c. refried beans or cheese and salsa

1/3 c. soy nuts and 1 mini box raisin (2 T.)

25 soy crisps (look for Gen-Soy brand available in health section of most grocery stores)

1 Thomas Whole Wheat Bagel Thin topped with ¼ cup ricotta cheese spread (mix ¼ cup part-skim ricotta cheese, 1/8 tsp vanilla, dash of cinnamon and ½ packet of sweetener if desired)

1 hard boiled egg and crackers, bread or fruit

High protein energy bars: Look for bars that have 7 grams or more protein per serving. Listed are some good choices:

Balance Bar, Nimble by Balance Bar, Luna Bar, Luna Protein Bar, KIND, Lara Bar, Kashi Go Lean Bar, Slim Fast bar, Special K Protein Meal Bar, South Beach High Protein Bar, Cliff MOJO Bar, Glucerna Hunger Smart Bar, Nature Valley Protein Chewy Bar