

## Snacking the Right Way

*When consuming a snack, you never want to leave a carbohydrate by itself. It can raise your blood sugar quickly, leaving you hungry not too long after. We also always want to have protein at snack times. Protein keeps us fuller longer and can prevent that quick rise in our blood sugars. So whenever consuming a snack, we always want to pair a carbohydrate with a protein!*

### Mix & Match for a Healthy Snack!

#### Carbohydrate

- 1 serving Fruit (1/2 Banana, 1 Apple, 1 cup Berries, 17 Grapes, etc.)
- 6 WG Crackers
- 10 WG Cracker Thins
- 6 Pretzels
- 1/2, 6-inch WG Pita
- 6 WG Pita Chips
- 1/2 WG English Muffin
- 1 slice WG Bread
- 1 cup Raw Vegetables
- 3 cups Popcorn

#### Protein

- 1 Tbsp. Nut Butter (Peanut butter, Almond butter, Cashew butter, etc.)
- 1 serving Nuts (small handful)
- 1 oz. Cheese (String cheese, Babybel, Laughing cow) *\*1 oz. is equal to 4 dice, 1 slice of cheese, or 1 Tbsp.)*
- 4 oz. Cottage Cheese
- 3/4 cup Plain Greek Yogurt
- 1/3 cup Hummus
- 1/3 cup Guacamole
- 1 Hard-Boiled Egg

#### Snacks that contain both a Carbohydrate & Protein:

- 3/4 cup Flavored Greek Yogurt *(Try to find one with  $\leq 14$  g sugar)*
- Protein Granola Bars *(Try to find one with  $\geq 8$  g protein,  $\leq 10$  g sugar,  $\leq 3$ g sat fat)*