

HEALTHY SNACKING AT HOME

Food by FLIK



Tips for Healthy Snacking

FREQUENCY: Eating when hungry, often every 3-4 hours, can be beneficial to prevent extreme hunger between meals.

BALANCE: Eat a mix of protein, carbohydrates, and fat (or some combination of the three) with meals and snacks to increase satiety.

FIBER: Choose a variety whole grains, plant-based proteins, vegetables, fruits, nuts and seeds to meet your daily fiber needs.

PORTION: Calorie needs vary, however most snacks fall in the 150-250 calorie range.

HYDRATE: Stay hydrated with unsweetened beverages to limit daily added sugar.

BYO TRAIL MIX

Pick A Protein (roasted edamame, crispy chickpeas, nuts, small peices of jerky)

Pick A Fruit/Veggie (raisins, apricots, apple chips)

Pick Some Fiber (whole wheat pretzels, popcorn, cheese crackers, wheat thins, whole grain cereal)

SNACK IDEAS

3/4 cup byo trail mix
Banana with 1 TBSP peanut butter
1/2 cup cottage cheese with fruit
Low Fat Greek yogurt with fruit
2 light string cheese and fruit
1 1/2 oz. low fat cheese and fruit
1/4 cup hummus and veggies
1 oz nuts and yogurt