

SNACK SMART

Use these tips to balance your snacks



BUILD SATIATING SNACKS

Snacking can fit into a healthy diet, but how do you know what type of snacks to choose and when? Use this guide to help you build satiating snacks into your day.

Think of three components when choosing a snack to help you stay satisfied: **fiber** (found in fruits, vegetables, whole grains, beans, nuts/seeds), **protein** (lean meats or vegetarian sources like beans, nuts/seeds, or dairy), and **healthy fats** (nuts/seeds, avocado, plant oils).

AIM FOR COLOR AND VARIETY

Snacks are not only an opportunity to help you stay satisfied between meals, but they're also a great way to sneak added nutrients into your diet. Add colorful fruits and vegetables to snacks for added nutrients like vitamins, antioxidants, and fiber. Did you know? Fiber-rich fruits and vegetables will help to fill you up and keep you full longer. And adding fruits and vegetables to snacks will help you reach your daily fiber intake of 25-38g/day!

10 SNACK IDEAS TO TRY

INCLUDE A FRUIT OR VEGETABLE FOR ADDED FIBER AND NUTRIENTS

1. Pair a fruit with an ounce of nuts. (Examples: banana and peanuts or peanut butter; apple and almonds; pear and walnuts)
2. Greek yogurt topped with fruit and nuts.
3. Whole grain crackers topped with sliced avocado and cracked black pepper.
4. Roasted chickpeas paired with a piece of fruit like a plum, apple, banana, or pear.
5. Build your own trail mix with nuts and seeds, popcorn, and dark chocolate chips.
6. Sliced vegetables dipped in your favorite heart-healthy dressing. (Try the recipe below)
7. Baked corn tortilla or bean chips dipped in hummus.
8. Make a smoothie of fruit, leafy greens, yogurt, and avocado.
9. Toast a whole grain waffle and top with sliced banana and peanut butter.
10. Grab a granola bar (aim for one with 10g or less of added sugar).

snack

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Buttermilk Avocado Dressing Makes 12, 1 fl oz servings

Ingredients

5oz -- Plain, Fat Free Yogurt
3/4 c -- Fat Free Buttermilk
1 each -- Small Chopped Shallot
1/2 tsp -- Crushed Garlic Cloves
2 tbsp -- Chopped Parsley
1/4 tsp -- Ground Black Pepper
1/4 tsp -- Kosher Salt
1/2 each -- Avocado, Cubed

Preparation

Strain yogurt in a mesh container for 2 hours, covered, and in the refrigerator. Discard liquid and reserve solids. Combine all ingredients in a blender and blend until smooth.

Portion size: 1 fl oz

Nutrition Information

21 cal, 1g fat, 0g sat fat, 2g carb, 1g protein, 75mg sodium

