Smart Snacking means eating foods that provide sustained energy for getting you through your busy day. In order to do this, combine foods that contain carbohydrates for quick energy, and protein which helps you maintain energy levels and keeps you feeling full longer.

*** Healthy fats are an important part of a healthy diet and are found in some of these protein/carbohydrate choices.

Choose a food from the Carbohydrate column and one from the Protein column and create your own smart snack. Be creative and have fun!

**Some Examples of How to Pair Up**
- Nuts — Dried Fruit (Trail Mix)
- Apple — String Cheese
- Hummus — Veggies

Whatver your snack choices may be, remember to fuel up regularly about every 4 hours, and “don’t skip out” on meals.

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**Carbohydrate:**
- Fruit
  - Apple
  - Apple sauce
  - Banana
  - Grapes
  - Any that you enjoy & are readily available

- Dried Fruit
  - Raisins, apricots, prunes, bananas, craisins, your choice.

- Veggies
  - Raw: green, red or yellow peppers, carrots, cucumbers, celery, radishes just to name a few. Cooked; green beans, carrots, peas, corn for example.

- Grain
  - Whole grain crackers
  - Oatmeal
  - Whole grain bread
  - Whole grain cereal
  - Pita chips
  - Granola
  - Granola bar – preferably one with some fiber
  - Graham crackers
  - Cereal – make your own trail mix
  - Whole grain cereal, dried fruit and nuts or seeds
  - Pretzels

**Protein:**
- Yogurt
- Low fat Milk, flavored, regular or soy
- Cheese
- String cheese
- Cottage cheese
- Eggs, egg whites, egg beaters or egg substitutes
- Peanut butter or other nut butters such as almond butter or soy nut butter
- Nuts and Seeds
- Hummus
- Bean based soups – carbs. and protein in one
- Edamame (soy beans)
- Beef or Chicken jerky
- Lean sandwich fillings such as turkey, chicken, ham, roast beef
- Tuna (packed in oil or water)
Snack Ideas

• Energy bars, look for lower sugar varieties and that have ideally a two to one ratio of carbohydrates to protein. (If you need two snacks in a day, try another option with this instead of two energy bars for better balance.)

• High fiber cereal; (those that have 5 or more grams per serving) is a good option, but limit to 1.5 cups, with skim or low fat milk or yogurt.

• Trail mix – A serving of higher fiber cereal, a handful of nuts and a handful of dried fruit.

• Canned soups – ideally ones such as Minestrone, chicken noodle, vegetable, bean and not the heavier cream soups.

• Raw vegetables with hummus or yogurt based dip. Great way to get the vegetables!

• Fruit and cheese (a serving of cheese is about the size of four dice stacked).

• Serving of whole grain crackers and string cheese – string cheese is easy because it is transportable.

• Greek yogurt 2% with cereal or fruit.

• Instant oatmeal – stay with the lower sugar flavors, made with milk and a small handful of nuts.

• Turkey, chicken or ham sandwich on whole wheat bread, with lettuce, tomato, onion, mustard or a small amount of mayonnaise.

• Peanut butter and jelly sandwich – whole wheat bread and Peanut butter (about a golf ball size), or cashew butter or any nut butter – yes even Nutella and no more than two tablespoons to a light spread of jelly.