Smart Snacking

Smart snacking means eating foods that provide fuel for getting you through your busy day. In order to do this, include 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
- Cereal — Milk
- Fresh Fruit
  - Apple
  - Banana
  - Grapes
  - Any that you enjoy & are readily available
- Dried Fruit
  - Raisins
  - Apricots
  - Plums
  - Craisins
- Veggies
  - Raw, cooked – any will do
- Grain
  - Whole grain crackers (Triscuits)
  - Oatmeal
  - Whole grain bread
  - Whole grain cereal
  - Granola bar – preferably ones with some fiber
  - Graham crackers
  - Cereal – consider mixing with dried fruit and nuts for your own trailmix.
- 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
  - Hummus – mixture or garbanzo beans and oil
  - Bean based soups – carbs. and protein in one
  - Edamame (soy beans) – can be found in freezer section of grocery store
  - Lean sandwich fillings such as turkey, chicken, ham, roast beef

– What ever your snack choices may be, remember to fuel up regularly about every 4 hours, and don’t skip meals.

– If you have questions about smart snacking or other nutrition topics please call one of the Student Health Dietitians at 681-WELL.
Snack Ideas

- Energy bars w/o high fructose corn syrup 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.)

- Higher fiber cereal such as Kashi or Raisin Bran but limit to no more than 1.5 cups, with skim milk or low fat yogurt and some fruit.

- Trail mix – A serving of higher fiber cereal such as Mini-wheats or Quaker Oat Squares, a handful of nuts and a handful of dried fruit.

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

- Raw vegetables with “lite” Ranch dressing or yogurt based dip. Great way to get the vegetables, just watch the dressing.

- Fruit and low-fat cheese. You can do full fat but the amount of cheese equal to the size of a golf ball is about 100 calories, so watch the cheese.

- Serving of Triscuits and string cheese – string cheese is easy because it is portion controlled and 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 and no more than a level tablespoon of mayo – If you want mayonnaise.

- Peanut butter and jelly sandwich – whole wheat bread and two level tablespoons of peanut butter, or cashew butter or any nut butter – yes even Nutella and no more than two tablespoons of jam.