

Snack Smart!

2 tablespoons of nut butter with sliced apples



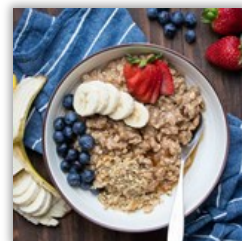
1/4 cup hummus with carrots, sliced bell pepper, celery, and cucumbers



4-6 Triscuits with 1 slice of turkey, 1 slice Swiss cheese or 1 can of Tuna



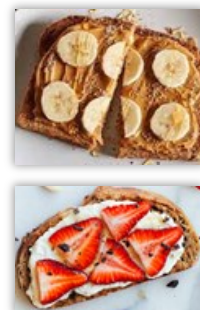
Oatmeal made with milk, 1 tablespoon of nut butter, 1/2 cup of fruit, and a dash of cinnamon



6 ounces of yogurt with 1/2 cup berries and 1/2 cup natural granola



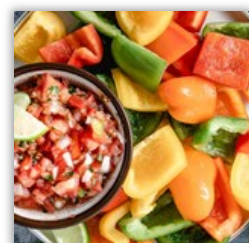
1 piece of toast spread with 2 tablespoons of peanut butter or 1/2 cup of ricotta cheese topped with fruit



1/2 cup of spiced roasted chickpeas (see page 57 in the CHN Eats Cookbook)



Pico de Gallo or salsa with bell pepper scoops, tostones, and/or tortilla chips



Build a Balanced Snack!

Use this worksheet to build balanced snack ideas for yourself with a **carb**, and a **healthy fat** or a **protein**. You will feel fuller for longer!

Carbs/Starch:

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- Popcorn
- Tortilla
- 1 piece of toast
- Triscuits
- Whole grains like quinoa
- Sliced veggies
- 1/2 cup fruit
- Oats
- Whole grain crackers
- Rice cakes
- Raisins

Healthy Fats:

or

- Fistful of mixed nuts
- 1-2 tablespoons nut butter
- Avocado
- Olive oil
- Olives
- Guacamole

Proteins:

- 1-2 boiled eggs
- Can of Tuna
- Can of salmon
- Sliced turkey breast
- Sliced ham
- Hummus
- Cottage cheese
- Beans
- String or sliced cheese
- Pumpkin seeds
- Greek yogurt

Extra Ideas for Snacking:

- Guacamole + tortilla or 12 whole grain crackers
- 2 tablespoons raisins + 1/4 cup mixed nuts
- 1 orange + 1 string cheese stick
- 3 cups popcorn + sprinkle of parmesan cheese
- Tortilla + cheese
- 1/2 grapefruit + 1 hardboiled egg
- Rice cake + peanut butter

Talk to your CHN nutritionist if you have more questions!