

- **Combine carb and protein** for best blood sugar control.
- **Choose “nutrient dense” snacks**...those that provide lots of nutrients!
- An **afternoon snack decreases hunger** at dinner, saves calories and prevents weight gain caused by overeating at dinner.
- Try not to give in to cravings...**it only reinforces desire**. Choose wisely and those cravings will become manageable.
- Include healthy fat...nuts, seeds, fatty fish, avocado.

Low Glycemic Carbohydrates

CrunchMaster crackers
Edward & Sons Brown Rice Snaps
Mary’s Gone Crackers
Bearitos Microwave popcorn or pre-popped
Small apples
2 Tangerines or clementines
Grapes (10-15)
Small banana (4 inch)
Baby carrots or crudités

Protein Sources

String cheese
Hummus, in individual packets
Peanut or almond butter (individual packets)
Individual tuna packets
Hardboiled eggs or scoop of egg salad
Raw almonds, walnuts, or Spanish peanuts
Edamame or chickpea snacks

All in One...both carb and protein

Protein bars

- RxBar
- Kind or Kashi
- MacroBars
- Clif Mojo
- Homemade protein bar

Orgain Protein Smoothie (cryopak)
Individual boxes of milk or soymilk
Edamame, 1 cup
Greek yogurt (Stoneyfield, Oikos, Fage)
Trail Mix with nuts and dried fruit
The other half of your sandwich from lunch

200 Calorie Snacks

1 cup Imagine Garden Tomato soup, 6 Harvest Whole Wheat crackers	200 cal, 5 g protein
Orgain High Protein Nutritional Shake	255 cal, 16 g protein
Kind Almond and Coconut Bar	210 cal, 4 g protein
1 cup Greek Yogurt strawberry halves, 1 Tbsp. granola	200 cal, 16 g protein
1 slice whole grain toast, 1 Tbsp Peanut Butter, 3 slices apple	200 cal, 10 g protein

More Ideas:

1 Lite Laughing Cow Cheese	35 cal	¼ cup granola	100 cal
Imagine Brand Soup, 1 cup	90 cal	1 Tbsp. peanut butter	90 cal
Mini Bon Belle Light	50 cal	8 raw cashews	64 cal
1 cup of raw vegetables	25 cal	10 almonds or 8 walnuts	70 cal

More Healthy Snacks:

- Whole grain crackers with tuna, turkey or egg salad
- Corn tortilla quesadilla with salsa and slice of avocado
- Frozen banana: Roll peeled banana in yogurt then chopped nuts or crushed whole grain cereal. Freeze.
- Mini frittata: Whisk eggs, add left over veggies, and pour in muffin cups, top with 1 tbsp. low fat cheese, bake 15 min.
- Mini baker: Bake small potato, top with plain yogurt, green onion, and salsa.
- Air popped or Bearito's microwave popcorn: mist with olive oil, dash with sea salt
- Whole grain crackers topped with hummus and thinly sliced cucumber
- Jicama, cucumber and carrots with chili powder and fresh squeeze of lime and hummus
- Whole grain pancake or waffle with yogurt or applesauce: save leftover pancakes from weekend!
- Bean or lentil soup with whole grain crackers
- Small sprouted grain tortilla wrapped with laughing cow cheese spread and asparagus spear

Need a sweet treat?

- One-ounce dark chocolate
- Instant plain organic oatmeal: add nuts and blueberries
- Brown Cow cream top yogurt...a stand alone! Good sub for rich dessert.
- Vanilla yogurt and diced strawberries
- Yogurt parfait: Plain Greek style or Horizon Organic yogurt, 2-4 Tbsp low fat granola, berries
- 1 banana with 2 tsp natural style almond butter and dark chocolate shavings
- 1 cup hot cocoa made with water or 1% fat milk

Simple Eating Strategies

- Eat 3 balanced meals
- Include 2-3 balanced snacks daily; see examples above
- Eat every 3 hours
- Balance meals; include a low glycemic carbohydrate (fruit, whole grains, milk/yogurt), lean protein and healthy fat (nuts and nut butters, seeds, olive/canola oil, avocado, etc.)
- Avoid refined carbohydrates such as white flour products, sugar, etc.
- Include fluid throughout the day; Divide your weight by 2 and that is the number of ounces you should aim for. You may need additional fluid if you are exercising
- Limit caffeinated beverages to 8-16 oz. per day