

# Combination Snacks

Balanced snacks help curb hunger, keep blood glucose steady, and add an extra boost of nutrition and energy. Schedule your snacks in-between your meals so you eat approximately every 3-4 hours. When choosing your snacks, keep the following tips in mind:

- Combine a carbohydrate choice and protein choice for an energizing snack. Look for high fiber foods.
- Be mindful of portion sizes.
- Use snacks as an opportunity to add more whole grains, fruits, vegetables, healthy fat, and lean proteins into your diet.
- Stock up on healthy options so you don't go hungry or give in to temptation.

Create your own snacks by selecting one carbohydrate food and match it with a protein:

| Complex Carbohydrate                          | Protein   |
|---|---|
| 1 slice whole grain bread                     | 1/4 cup nuts  |
| 1 whole grain toaster waffle                  | 1 Tbsp natural nut butter ( e.g. peanut, almond, etc)   |
| 1/2 multigrain English muffin                 | 1 boiled egg  |
| 1/2 cup cooked cereal (e.g. oatmeal)          | 1/2 cup cottage cheese  |
| 3/4 ounce low sugar/high fiber cereal         | 1 light string cheese   |
| 3/4 ounce pretzels (15 mini)                  | 1 slice lean deli meat (e.g. turkey or chicken)   |
| 3 cups microwave popcorn                      | 1 ounce shrimp/fish   |
| 15 baked potato chips                         | 1/3 cup hummus  |
| 8 animal crackers                             | 2 Tbsp pumpkin or sesame seeds  |
| 8 dried apricots or 2 Tbsp raisins            | 1/2 cup tuna salad  |
| 3/4 cup blueberries or 1-1/4 cup strawberries | 1/2 cup Greek yogurt  |
| 1 cup melon balls                             |   |
| 15 grapes                                     | For additional flavor: 1 Tbsp fat free cream cheese or sour cream, 2 tsp light jam, 1 Tbsp ketchup or mustard, 1/4 cup salsa. |
| 1 cup raw veggies                             |   |