

BALANCE SNACK IDEAS

When you're hungry your body is looking for glucose that comes from carbohydrates. Often carbohydrates are easily digested for energy. For that reason, pairing a carbohydrate that has fibre with a protein and/or fat source helps to slow down digestion which allows your body to have a sustainable energy source and provide you with fullness and satiety.

Pair a carbohydrate/fibre source with a protein/fat source to make a balanced snack!

CARBOHYDRATE / FIBRE

Fruit

- Berries
- Apple
- Pear
- Banana
- Fruit smoothie
- Mango
- Melon
- Clementines
- Oranges

Vegetables

- Sweet Bell Pepper
- Cucumber slices
- Snap Peas
- Tomato Slices
- Cherry Tomatoes
- Shredded / Sliced / Baby Carrots
- Cooked Frozen Vegetables
- Roasted Sweet Potato
- Celery Sticks

Grain

- Whole Wheat (WW) Bread/Bagel/ English Muffin
- WW Crackers
- Granola
- Muffin
- Pita
- Cereal
- WW Tortilla Wrap

PROTEIN / FAT

Dairy

- Cottage Cheese
- Cheese Slices
- Glass of Cows Milk
- Greek Yogurt

Nuts & Seeds

- Nut Butters
- Hemp Hearts
- Cashews
- Walnuts
- Almonds
- Chia Pudding
- Pumpkin Seeds

Animal Products

- Hard Boiled Eggs
- Canned Tuna
- Beef Jerky

Vegetables

- Avocado / Guacamole
- Hummus
- Edamame
- Chickpeas
- Tofu

Other

- Tzatziki

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Remember to pair a carbohydrate /fibre source with a protein/ fat source to provide your body with the energy that it needs over a more sustainable period of time.

Bell pepper slices + Hummus + WW Pita

WW English Muffin + Peanut Butter + Banana Slices + Cinnamon

2 Hardboiled Eggs + Cherry Tomatoes + Hummus + WW Crackers

WW Blueberry Muffin + Cheese Slices + Glass of Milk

Apple Slices + Peanut butter

Fruit Smoothie + WW English Muffin + Peanut butter

Cottage Cheese + Cherry Tomatoes + S&P

Greek Yogurt + Granola + Frozen Mixed Berries

Guacamole + Cucumber Slices + WW Crackers

WW Cheerios + Cows Milk + Banana Slices

Baby Carrots + Tzatziki + WW Pita + Roasted Chickpeas

WW Bagel + Cashew Butter + Hemp Hearts

Canned Tuna + Celery Sticks + WW Tortilla Wrap

Clementine + Greek Yogurt Cup + Almonds

Chia Pudding + Peanut butter + Strawberry Slices