



Carbohydrates

- Whole grain crackers
- Whole grain pita
- Melon
- Banana
- Crisp bread
- Whole grain tortilla chips
- Berries
- Orange
- Rice cakes
- Plum
- Frozen peaches
- Oatmeal

Protein

- Hard cheese (eg. cheddar, gouda) mozzarella)
- Yogurt
- Hummus
- Lentil or Bean Dip
- Nuts (eg. almonds, walnuts, brazil nuts)
- Seeds (eg. pumpkin, sunflower)
- Hard-boiled egg
- Cottage cheese
- Tofu
- Nut/seed butters (peanut, almond, sunflower)
- Small tin of tuna or sardines
- Edamame



Satisfying Snacking Guide



Balanced Snack Ideas:

- Banana and peanut butter
- Whole grain crackers and hummus
- Melon and cottage cheese
- Orange and hard-boiled egg
- Whole grain tortilla chips and bean dip
- Berries and yogurt
- Veggies (eg. sliced cucumber, carrots, cherry tomatoes, celery), whole grain crackers and cheddar cheese
- Crisp bread and almond butter
- Apple and cheese
- Whole grain crackers and tuna
- Plum and walnuts
- Whole grain pita and hummus
- Chia seed pudding with berries
- Yogurt
- Edamame
- Roasted chickpeas, beans or lentils
- 1 cup milk or soy beverage

Pair a carbohydrate+protein to make snacks more satisfying and gentle on blood sugars