



**PROTEIN**

**HEALTHY  
FATS**

**FIBER**



**3 KEY NUTRIENTS FOR  
A FILLING SNACK**

**1. WILL KEEP YOU  
FULL FOR LONGER**

**2. WILL KEEP YOUR BLOOD  
SUGAR LEVELS STEADY**

**3. WILL KEEP SUGAR  
CRAVINGS AT BAY**

# MIX & MATCH

## STEP 1.

### PICK A PROTEIN

EGGS

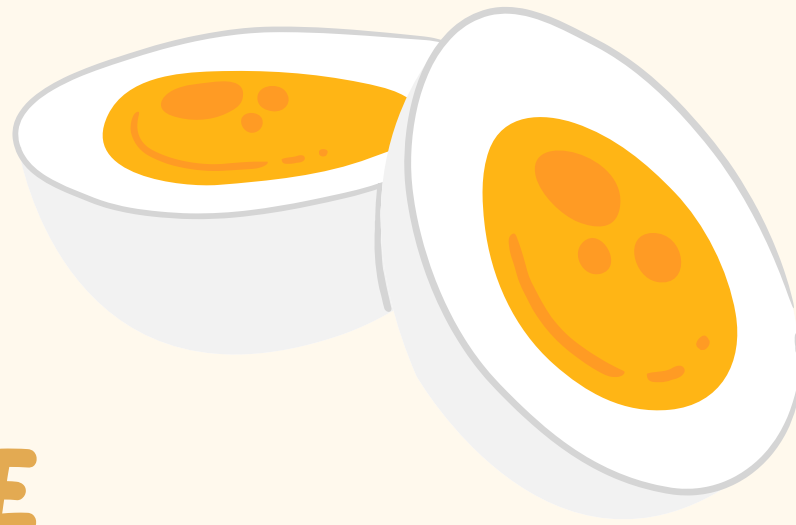
TUNA/SALMON

HUMMUS

GREEK YOGURT

LOW FAT CHEESE

SKIM MILK



## STEP 2.

### CHOOSE A HEALTHY FAT

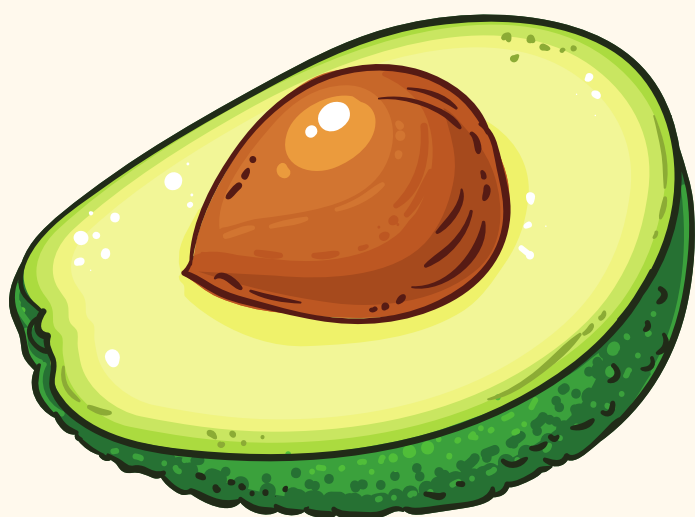
AVOCADO

NUTS OR NUT BUTTER

CREAM CHEESE

OLIVES

DARK CHOCOLATE



## STEP 3.

### ADD FOOD WITH FIBER

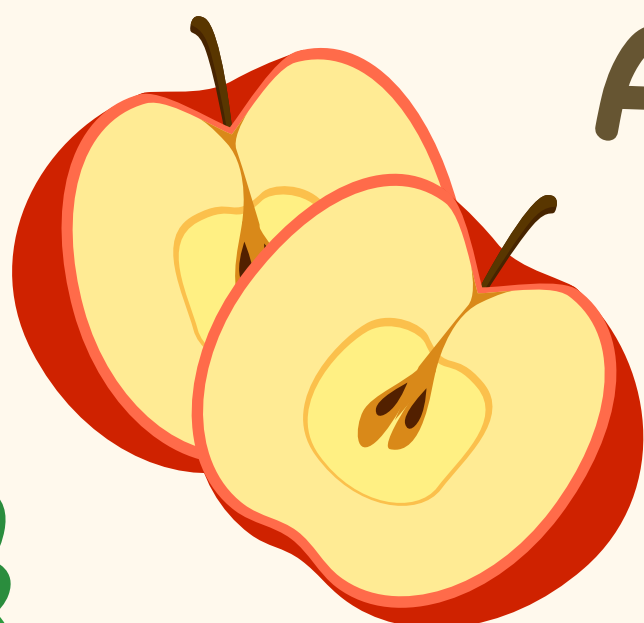
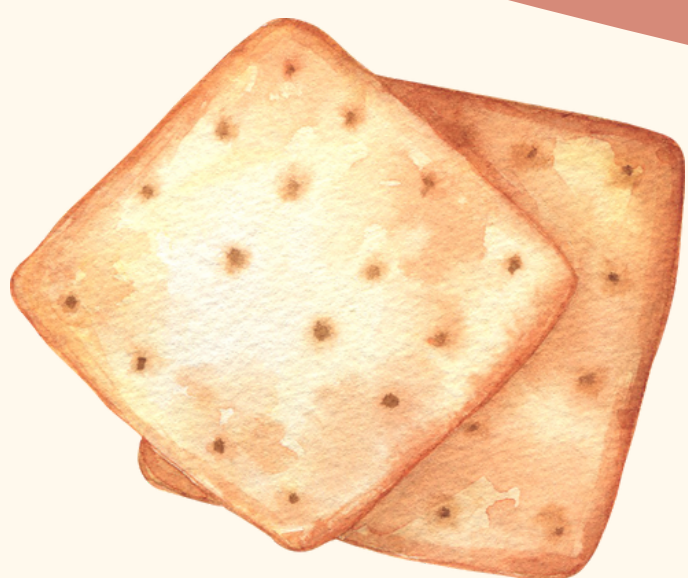
FRUIT

VEGGIE

WHOLE GRAIN CRACKERS

WHOLE GRAIN TOAST

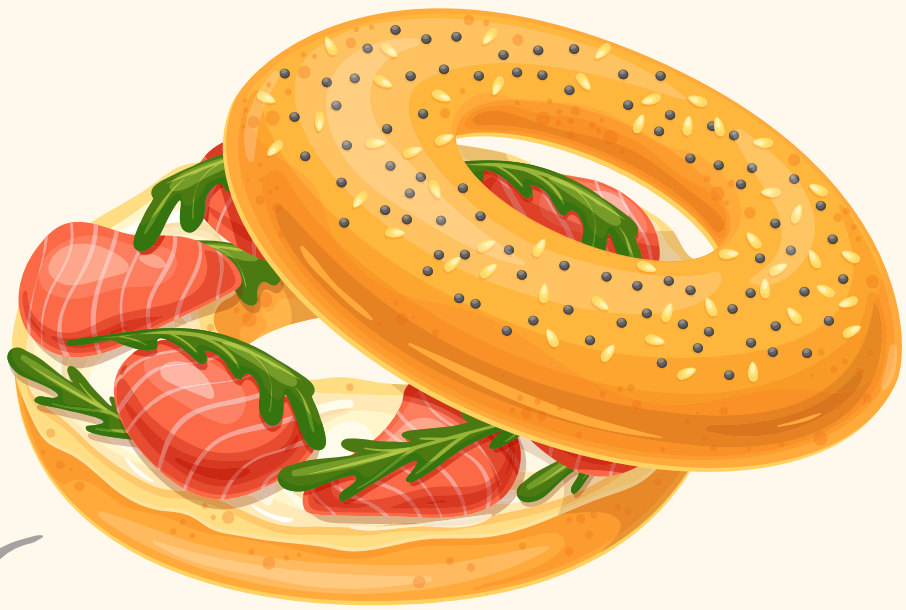
POPCORN





# SNACK IDEAS

## WITH 3 KEY NUTRIENTS



**BAGEL WITH CREAM  
CHEESE AND SALMON**



**TUNA SALAD  
WITH VEGGIES & OLIVES**



**VEGGIE STICKS WITH PINE  
NUTS HUMMUS DIP**



**YOGURT PARFAIT  
WITH FRUITS AND NUTS**



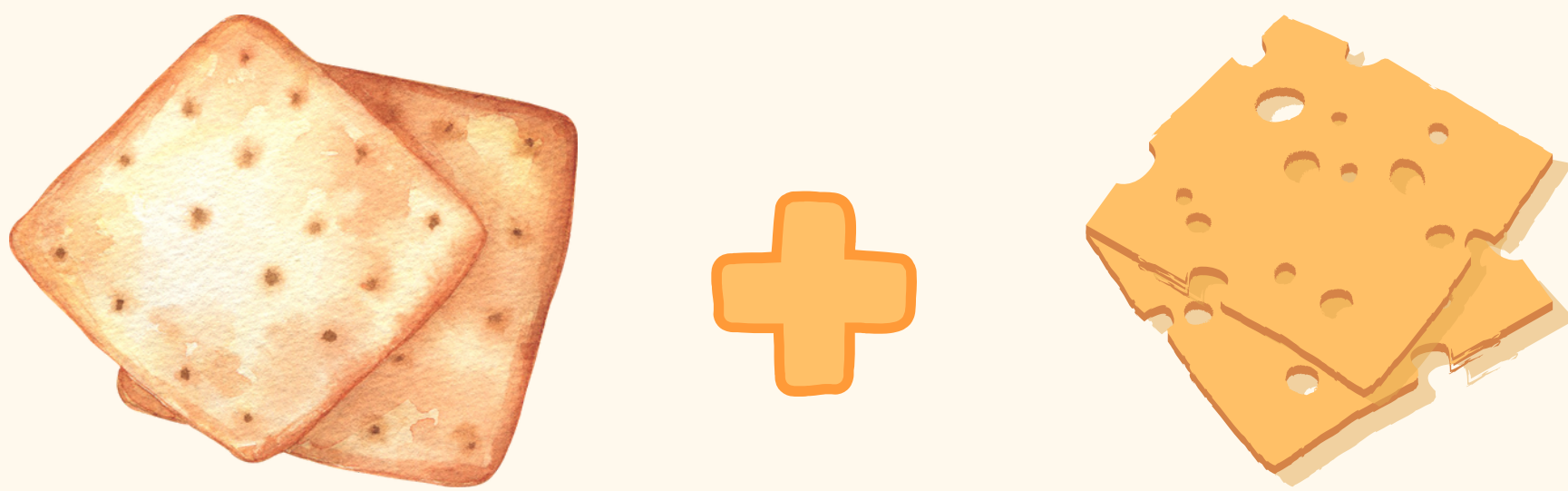
**SMOOTHIE WITH BERRIES,  
NUT BUTTER AND SKIM MILK**



**AVOCADO  
TOAST WITH EGG**

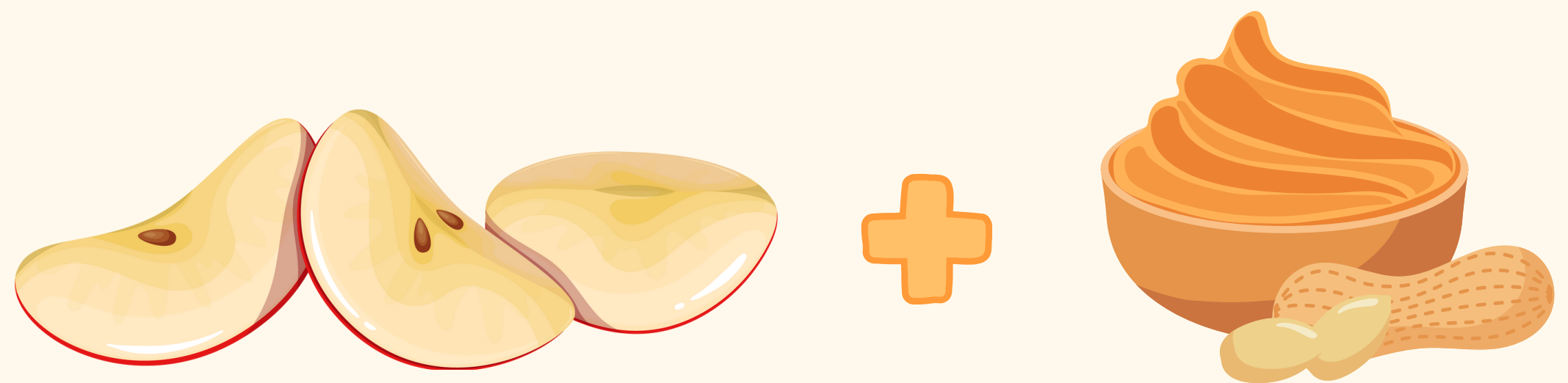


# SIMPLE SNACK COMBOS WHEN ON-THE-GO



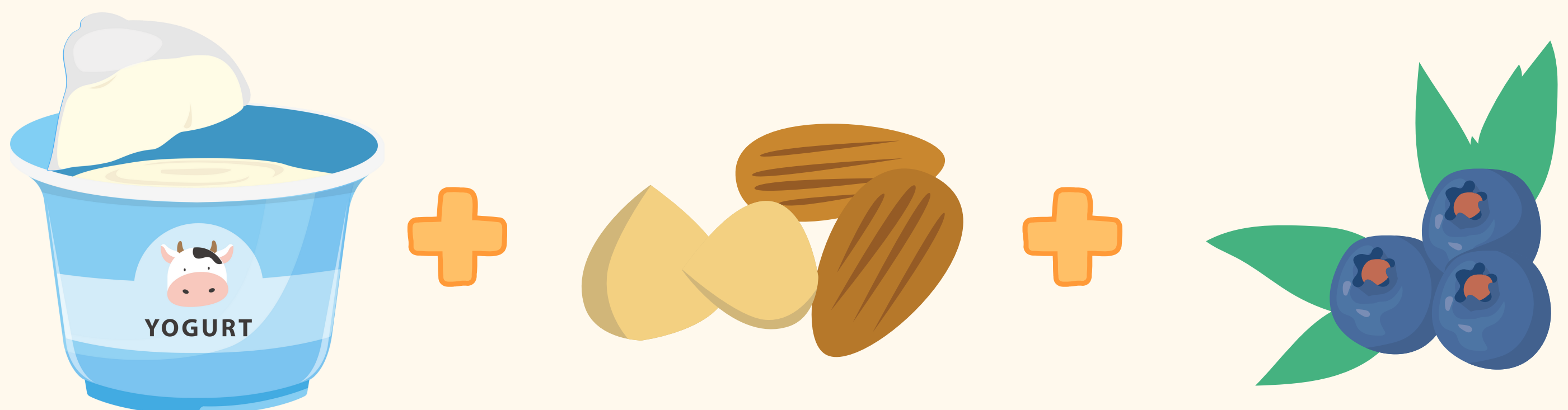
**WHOLE GRAIN CRACKERS + CHEESE**

**YOU GET FIBER FROM THE CRACKERS AND  
PROTEIN + FAT FROM CHEESE**



**APPLE SLICES + PEANUT BUTTER**

**YOU GET FIBER FROM THE APPLE AND  
PROTEIN + FAT FROM THE PEANUT BUTTER**



**YOGURT + NUTS + BERRIES**

**YOU GET FIBER FROM THE BERRIES,  
PROTEIN FROM YOGURT AND FAT FROM NUTS**

# TIPS FOR PLANNING YOUR OWN SNACKS

1. PLAN AHEAD



2. CHOOSE WHOLE FOODS WHEN POSSIBLE



3. AVOID DISTRACTIONS WHEN EATING

TAKE A FEW MOMENTS TO THINK OF SNACK IDEAS YOU COULD IMPLEMENT

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