

Healthy Happy Body Snack Ideas

Smart snacking means eating foods that provide fuel for getting you through your busy day. In order to do this, make sure to choose foods that contain carbohydrates for quick energy, and protein which helps you maintain energy levels and keeps you feeling full longer. Protein helps the body repair and produce new cells, keeps us full aiding in weight control and has a moderate effect on blood sugar

- Energy bars w/o high fructose corn syrup and that have ideally a two to one ratio of carbohydrates to protein. (If you need two snacks in a day, try another option with this instead of two energy bars for better balance.)
- Higher fiber cereal such as Kashi or Raisin Bran but limit to no more than 1.5 cups, with skim milk or low-fat yogurt and some fruit.
- Trail mix – A serving of higher fiber cereal such as Mini-wheats or Quaker Oat Squares, a handful of nuts and a handful of dried fruit.
- Canned soups – ideally ones such as Minestrone, chicken noodle, vegetable and not the heavier cream soups.
- Raw vegetables with “lite” Ranch dressing or yogurt-based dip. Great way to get the vegetables, just watch the dressing.
- Fruit and low-fat cheese. You can do full fat but the amount of cheese equal to the size of a golf ball is about 100 calories, so watch the cheese.
- Serving of Triscuits and string cheese – string cheese is easy because it is portion controlled and transportable.
 - Greek yogurt 2% with cereal or fruit.
- Instant oatmeal – stay with the lower sugar flavors, made with milk and a small handful of nuts.
- Turkey, chicken or ham sandwich on whole wheat bread, with lettuce, tomato, onion, mustard and no more than a level tablespoon of mayo – If you want mayonnaise.
- Peanut butter and jelly sandwich – whole wheat bread and two-level tablespoons of peanut butter, or cashew butter or any nut butter – yes even Nutella and no more than two tablespoons of jam.

Carbohydrate:	Protein:
Fresh Fruit Apple Banana Grapes Any that you enjoy & are readily available Dried Fruit Raisins Apricots Plums Craisins Veggies Raw, cooked – any will do Grains Whole grain crackers (Triscuits) Oatmeal Whole grain bread Whole grain cereal Granola bar – preferably ones with some fiber Graham crackers Cereal – consider mixing with dried fruit and nuts for your own trail mix. Pretzels	Greek Yogurt Low fat Milk, flavored, regular or soy Cheese String cheese- part skim mozzarella Cottage cheese Eggs, egg whites, egg beaters or egg substitutes, hard boiled Peanut butter or other nut butters such as almond butter or cashew nut butter Nuts- RAW unsalted, can be roasted. Hummus – mixture or garbanzo beans and oil Bean based soups – carbs. and protein in one Edamame (soy beans) – can be found in freezer section of grocery store Lean sandwich fillings such as turkey, chicken, ham, roast beef- organic- wild caught