

Balanced Snack Formula

Your body is like a car in some ways; it needs to refuel regularly to function its best. When your body is running on empty without enough fuel, it can be hard to think, move, and simply go through your daily routine without feeling distracted or “hangry” (hungry + angry).

Snacks can help you refuel between meals, keeping you energized, focused, and ready to do what you enjoy most. Here’s a simple formula that you can use to create snacks that will leave you full and satisfied between meals:

Carbohydrates (fruits, vegetables, or grains)
+ Protein (dairy, nuts, or other protein foods) =



After looking through some of the snack ideas listed on the following pages, work with your nutritionist to find ten snacks that you are interested in trying:

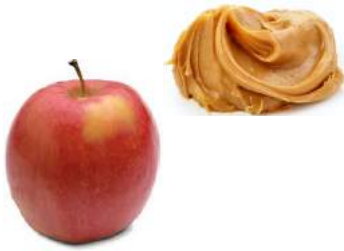
My Top 10 Snack Ideas:

1. _____
2. _____
3. _____
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10. _____

On-the-Go Snack Ideas:

Sweet & Fruity:

- Apple with peanut butter
- Kashi® granola bar with milk
- Strawberries with Nutella®
- Sliced bananas with pudding
- Pineapple and cottage cheese
- Multi-grain Cheerios® with yogurt
- Orange with mixed nuts
- Cinnamon Graham Cracker Goldfish® with yogurt
- Blueberries with walnuts
- Oatmeal raisin cookie with milk
- Teddy Grahams™ snack pack with yogurt
- Fruit pouch (ex. Go-Go SqueeZ®) with almonds
- Pear with a cheese stick
- Quaker® chewy bar with milk



Salty & Savory:

- Triscuit Thin Crisps™ with tuna salad (ex. StarKist® Pouches)
- Veggie Chips (ex. Veggie Straws®, Biena Snacks®) with a cheese stick
- Half of a peanut butter and banana sandwich
- Carrots with ranch or veggie dip
- Sliced bell peppers with hummus
- Wheat pita chips with a hard-boiled egg
- Kashi® 7-Grain Crackers with a cheese stick
- Mini wheat bagel with veggie cream cheese
- Smartfood Delight® popcorn with a cheese stick
- Sun Chips® with Jerky (beef or turkey)
- Wheat Thins© crackers with cheese
- Honey-wheat pretzels with edamame pods



Snack Ideas to Make at Home:

Sweet & Fruity:

Whole-grain cereal (ex. Cheerios®, Puffins®) with milk
Whole-wheat English muffin toasted with almond butter

Sliced apples with cinnamon and a cup of milk

100% Fruit popsicle dipped in yogurt

Oatmeal with blueberries and milk

Multi-grain waffle topped with yogurt and berries

Banana with a frozen yogurt bar (ex. Outshine®)

Yogurt with sliced pineapple and shredded coconut

Kettle popcorn with frozen yogurt in a tube (ex. Go-GURT®)

Hot chocolate made with milk and hot cocoa mix

Graham crackers with cream cheese and strawberries

Frozen grapes dipped in yogurt



Salty & Savory:

Popcorn with shredded Parmesan

Corn tortilla chips with guacamole or salsa

Nachos (tortilla chips, cheese melted, and beans)

Whole-wheat mini bagel with veggie cream cheese

Quesadilla (wheat tortilla with cheese and salsa)

Whole-grain toast with ricotta, tomato, and olive oil

Tomato with mozzarella and balsamic vinegar

Whole-grain toast with avocado spread on top

Pita topped with hummus and sliced cucumbers

Corn tortilla chips with black bean salsa

Avocado and deli turkey roll-ups



5-Minute Mini Meals:

Sweet & Fruity Recipes:

Fruit Yogurt Parfait:
Yogurt, fruit, and crunchy whole-grain cereal



Fro-Yo Bites:
Mix blueberries in Greek yogurt, lay flat to freeze

Banana Pudding Parfait:
Vanilla pudding layered with banana, crushed graham cracker, and whipped cream



Apple-PB Sandwiches:
Sliced apples with peanut butter in the middle

Fruit Smoothie:
Milk, yogurt, and frozen berries



Banana Split Bites:
Sliced banana drizzled with strawberries, chocolate syrup, and chopped walnuts

Salty & Savory Recipes:

Ants on a Log:
Celery topped with peanut butter and raisins



Baked Potato:
Potato, veggies, and melted cheese

Pita Pocket:
Pita bread with hummus and veggies (shredded carrots, sliced peppers, cucumbers)

Pizza Bites:
Whole-wheat English muffin, tomato sauce, and melted cheese



Open-Faced Tuna Melt:
Whole-grain bread topped with cheese, tuna, and a tomato slice



Ham & Cheese Melt:
English muffin toasted with cheese, sliced ham, and mustard

Make-Your-Own Trail Mix:
Whole-grain cereal (ex. Cheerios®), dried fruit, nuts or seeds, & chocolate chips or M&Ms

No time to Prep?
Try These Packaged Snack Combos:

Sweet & Fruity Snacks:

- Granola Bar (ex. Clif®, KIND®, Luna®, Larabar®)
- Protein Bar (ex. Nature Valley™, BelVita™, Clif® Whey Protein)
- Fruit with an individual peanut butter packet (ex. Jif®, Justin's®)
- Dried fruit-nut-cheese snack pack (ex. Sargento®, P3-Portable Protein Pack®)
- Yogurt packed with toppings (Ex. Chobani® Flips, Yoplait® Mix-Ins)
- Yogurt Smoothie (ex. Chobani®, Activia®, Stonyfield™, Oikos®)
- Granola Bites (ex. Nature Valley™, Quaker Oats™, Mamma Chia™)
- On-the-go oatmeal cups (ex. Quaker® Real Medley, Bob's Red Mill®)



Salty & Savory Snacks:

- Peanut butter or cheese cracker sandwiches (ex. Ritz®, Keebler®)
- Packaged PB & jelly or PB & honey wheat sandwich (ex. Uncrustables®)
- Pretzel and hummus snack packet (ex. Sabra®, Cedar's™)
- Bagel Chips with cream cheese dip (ex. Philadelphia®)
- PB snack bites (ex. Larabar® Bites, Skippy® PB Bites)
- Trail mix snack pack
- Peanut butter pretzel bites



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