

Smart Snacking

Making healthy snacking a part of everyday routine

Make Snacking Work for You

Practice Mindful Snacking

Rate your hunger beforehand and don't snack while doing something else

Prep Ahead

Plan and portion out snacks ahead of time so that they are easy to grab-and-go

Practice Food Safety

Make sure all snacks are washed, prepared, and stored properly (especially if they need to be refrigerated)

Make it a Combo

Pair complimentary food groups at each snacking session

The following balanced snacks can help with feeling satisfied:



Carb	+	Protein/ Fat		Carb	+	Protein/ Fat
Pretzels		Hummus	More Examples	Cereal		Chocolate Milk
Cuties		Mozzarella Stick		Fresh Fruit		Greek Yogurt
Crackers		Peanut Butter		Popcorn		Handful of Nuts



16th CAB H2F Nutrition Domain



schedule
an
appointment



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Snack Combos With Fruits & Veggies

Pair:

1 Protein/Fat



1 Produce

- Greek Yogurt $\frac{3}{4}$ c = 15 g protein
- Cottage Cheese, $\frac{1}{2}$ c = 12 g pro
- Chicken, 1 packet = 11 g pro
- Edamame, $\frac{1}{2}$ cup = 9 g pro
- Jerky, 1 oz = 9 g pro
- Roasted chickpeas, $\frac{1}{2}$ c = 7 g pro
- Cheese stick = 7 g pro
- 1 Egg = 6 g pro
- Peanut Butter, 1 Tbsp = 4 g pro
- Hummus, 3 Tbsp = 3 g pro
- Pistachios, 1 Tbsp = 3 g pro
- Pumpkin seeds, 1 Tbsp = 2 g pro
- Walnuts, 1 Tbsp = 2 g pro
- Almonds, 1 Tbsp = 2 g pro

- Cherry tomatoes
- Apple/applesauce
- Carrots
- Grapes
- Bell pepper
- Cherries
- Cucumbers
- Pineapple
- Broccoli
- Seaweed
- Orange/cuties
- Sugar snap peas
- Kiwi
- Plums

