



SMART SNACKING

Add snacks in between meals to control hunger and keep blood sugar stable

Step 1:

Choose 1 serving of carbohydrate



1 small fruit



1/2 cup fruit



1/2 large fruit



1 corn tortilla



4-6 wheat crackers



1 slice wheat bread



8 oz plain milk



6 oz plain yogurt



3 graham crackers

Step 2:

Choose 1 serving of protein-rich food or healthy fat



1 egg



1/4 avocado



1 oz cheese



1 oz fish



1/4 cup cottage cheese



1 oz meat



1/4 cup nuts/seeds



1 Tbsp peanut butter



1 Tbsp cream cheese

Step 3: Put it all together!



Tips for Smart Snacking!

- Eat a “mixed snack” if meals are more than five hours apart
- Pack a snack when leaving the house for long periods of time
- Keep non-perishable snacks on hand in your car, desk, or purse
- Avoid distractions while eating
- Keep snacks small
- Choose whole grain products



Save time and Money:

- Pre-slice fruits and vegetables
- Boil eggs in large batches and store in the fridge for up to 1 week
- Buy in bulk and make your own single portion bags of nuts or crackers



Pay attention to the Label!

- Notice the serving size at the top
- Remember: 1 carbohydrate portion = 15g
- Have at least 7g of protein per snack
- Choose foods with less than 200 mg sodium
- Include snacks with more fiber and less sugar

Nutrition Facts

Serving Size 1 bar (40g)
Servings Per Container 5

Amount Per Serving
Calories 190

	% Daily Value*
Total Fat 12 g	19%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 6g	
Includes 0g Added Sugars	
Protein 10g	15%
Calcium 52mg	4%
Iron 1mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.