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

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**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         | 12g | 19% |
| Saturated Fat     | 3.5g| 18% |
| Trans 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% |

*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.