

Build a Better Snack!!

Snacking between meals can benefit your health in multiple ways. Snacks can help with appetite control, give you a boost of energy, improve your concentration, and help you get extra nutrients throughout your day. Unfortunately, many of the prepackaged foods traditionally thought of as snack foods are simply empty calories—they are usually highly processed, contain lots of sugar, preservatives, and saturated/trans fats, and have little protein or fiber.

What makes a good snack?

Fiber: Fiber includes the parts of plant foods that your body can't digest. It is a very important part of the diet that regulates digestion, helps individuals maintain a healthy weight, and lowers a person's risk of both diabetes and heart disease.

Protein: Protein is often called the building block of the human body. Every single cell is made up of proteins. Protein is used by the body to build new cells and to maintain tissues. Not only is it necessary for your body to function, consuming protein with your snack can also help you to feel fuller, longer.

Healthy Fats: Many people have grown up learning that fats are bad and should be avoided. This has led to a barrage of packaged foods sporting "low fat" or "fat free" labels. While it is true that fat consumption should be limited, it is good to remember that fat is a necessary part of our diets, and certain fats, often called "healthy fats," can actually be enjoyed in moderation. Healthy fats are typically found in fruits, vegetables, nuts, and seafood.

Use the chart below to pair up healthy whole foods to build a quick and easy, nutrient rich snack!*
Example: Apples with peanut butter will provide you with fiber, protein and healthy fats

	Part skim mozzarella cheese	Salsa	Low fat cottage cheese	Guacamole	Sliced turkey or lean ham	Peanut Butter	Hummus
Whole Grain Tortilla Chips	Fiber Protein	Fiber Protein	Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein Healthy Fats
Baby carrots	Fiber Protein	Fiber	Fiber Protein	Fiber Healthy Fats	Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein Healthy Fats
Whole Wheat crackers**	Fiber Protein	Fiber Protein	Fiber Protein	Fiber Healthy Fats	Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein Healthy Fats
Apple Slices***	Fiber Protein		Fiber Protein		Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein Healthy Fats
Pretzels	Protein	No significant protein, fiber, or fats	Protein	Healthy Fats	Protein	Protein Healthy Fats	Fiber Protein Healthy Fats
Whole Wheat Pita	Fiber Protein	Fiber Protein	Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein Healthy Fats
Celery Sticks	Fiber Protein	Fiber	Fiber Protein	Fiber Healthy Fats	Fiber Protein	Fiber Protein Healthy Fats	Fiber Protein Healthy Fats

*Empty squares indicated foods not usually eaten together (such as apples and salsa)

**When choosing whole wheat products, check the label to make sure that whole wheat is the 1st ingredient! Otherwise you may lose the fiber and protein.

***Can substitute with other fruits such as berries, bananas, or pears.