

Healthy Snacks



Snacking can be a part of a healthy diet, ensuring your body gets the energy it needs every 3 to 5 hours. This helps to control appetite. A snack, as opposed to a treat, is a “mini meal” meant to provide nutrients your body needs. Snacks that combine carbohydrates with fiber and protein and that are low in sugar are better at controlling appetite.

Create a healthy snack

Choose one food item from the carbohydrate (carb) list and one food item from the protein list to create a healthy, balanced snack, such as 1 cup non-starchy vegetables (carb) and $\frac{1}{3}$ cup hummus (protein).

Carb

- 1 small apple
- $\frac{1}{2}$ large banana or pear
- $\frac{3}{4}$ cup blueberries
- $\frac{1}{2}$ cup fruit, such as grapes, pineapple, or peaches
- 2 tablespoons raisins
- 1 cup non-starchy vegetables such as carrots, cucumber, sugar snap peas, and bell pepper strips
- $\frac{1}{2}$ cup cooked oatmeal
- 5 to 6 whole wheat crackers
- 3 (2.5 inch) graham crackers
- $\frac{1}{2}$ whole wheat pita
- 1 slice whole wheat toast
- $\frac{1}{2}$ whole wheat toasted English muffin
- 1-2 rice cakes
- 3 cups popcorn with less than 3 grams of fat per serving

Protein

- 1 tablespoon natural peanut butter or other nut butter
- $\frac{1}{2}$ cup tuna, chicken, or egg salad made with light mayonnaise
- 1 hard-boiled egg
- 1 scrambled egg
- $\frac{1}{4}$ cup nuts, such as walnuts and almonds
- 1 ounce cheese
- $\frac{1}{2}$ cup low fat cottage cheese
- 6 ounces plain or light yogurt
- $\frac{1}{3}$ cup hummus
- 2 to 3 slices of low-fat lunch meat
- 1 ounce jerky
- $\frac{1}{2}$ cup roasted chickpeas
- 1 ounce of seeds, such as sunflower and pumpkin

Healthy snack ideas

Each snack has a carb and a protein.

- 3 (2.5 inch) graham crackers (carb) with 1 tablespoon natural peanut butter (protein)
- ½ whole wheat pita (carb) filled with ½ cup tuna salad made with light mayonnaise (protein)
- 1 small apple (carb) with a hard-boiled egg (protein)
- ½ cup cooked oatmeal (carb) with ¼ cup chopped nuts (protein)
- 5 to 6 whole wheat crackers (carb) with 1 ounce cheese (protein)
- 1 cup non-starchy vegetables such as carrots, cucumber, sugar snap peas, and bell pepper strips (carb) with 1/3 cup hummus (protein)
- 2 tablespoons raisins (carb) and ¼ cup roasted unsalted almonds (protein)
- ½ cup peaches (carb) and ½ cup low fat cottage cheese (protein)
- ¾ cup blueberries (carb) and ¼ cup walnuts (protein)
- Celery topped with 2 tablespoons raisins (carbs) and 1 tablespoon natural peanut butter (protein)
- 1 slice whole wheat toast (carb) with 1 scrambled egg (protein)
- ½ cup grapes (carb) and 1 ounce cheese (protein)
- ½ whole wheat toasted English muffin (carb) topped with 1 tablespoon cashew butter (protein)
- 3 cups popcorn with less than 3 grams of fat per serving (carb) and 1 ounce cheese (protein)

Standard portions

When you are away from home and do not have measuring cups and spoons handy, it helps to know what a standard portion looks like.



1 teaspoon



1 tablespoon



2 tablespoons



¼ cup



½ cup



1 cup



1 ounce