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 Protein ■ 1 small apple other nut butter ☐ ½ large banana or pear □ ¾ cup blueberries \square ½ cup fruit, such as grapes, pineapple, ■ 1 hard-boiled egg or peaches ■ 1 scrambled egg 2 tablespoons raisins ☐ 1 cup non-starchy vegetables such as carrots, cucumber, sugar snap peas, ■ 1 ounce cheese and bell pepper strips □ ½ cup cooked oatmeal 5 to 6 whole wheat crackers ☐ 1/3 cup hummus ☐ 3 (2.5 inch) graham crackers ☐ ½ whole wheat pita ■ 1 ounce jerky ■ 1 slice whole wheat toast ☐ ½ whole wheat toasted English muffin ☐ 1-2 rice cakes pumpkin



☐ 3 cups popcorn with less than 3 grams

of fat per serving

- 1 tablespoon natural peanut butter or
- ☐ ½ cup tuna, chicken, or egg salad made with light mayonnaise
- ☐ ¼ cup nuts, such as walnuts and almonds
- ☐ ½ cup low fat cottage cheese
- □ 6 ounces plain or light yogurt
- ☐ 2 to 3 slices of low-fat lunch meat
- ☐ ½ cup roasted chickpeas
- ☐ 1 ounce of seeds, such as sunflower and

2 | Healthy Snacks wexnermedical.osu.edu

Healthy snack ideas

Each snack has a carb and a protein.

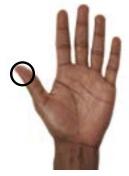
- 3 (2.5 inch) graham crackers (carb) with 1 tablespoon natural peanut butter (protein)
- ½ whole wheat pita (carb) filled with ½ cup tuna salad made with light mayonnaise (protein)
- 1 small apple (carb) with a hard-boiled egg (protein)
- ½ cup cooked oatmeal (carb) with ¼ cup chopped nuts (protein)
- 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 tablespoon



2 tablespoons



1/4 cup



 $\frac{1}{2}$ cup



1 cup



1 ounce