

Healthy Snack Choices

All of the following snack choices include carbohydrates and a source of protein.

- 6 – 8 plain whole grain crackers with 1 mini can of tuna
- $\frac{3}{4}$ cup Greek yogurt with $\frac{1}{3}^{\text{rd}}$ cup of bran buds
- 1 slice whole grain toast with 1 tablespoon of natural peanut or almond butter
- $\frac{1}{4}$ cup cottage cheese with fruit
- $\frac{1}{2}$ whole grain English muffin with 1 tablespoon of natural peanut butter
- $\frac{1}{4}$ cup chickpeas or hummus with 4 whole grain crackers
- 1 egg on 1 slice of whole grain toast
- 1 slice whole grain toast with ricotta cheese
- Apple sauce and $\frac{1}{4}$ cup of unsalted nuts
- 1 small banana with 1 tablespoon of natural peanut or almond butter
- A piece of fruit with nuts, peanut butter or almond butter
- $\frac{1}{4}$ cup hummus with $\frac{1}{2}$ whole grain pita
- $\frac{3}{4}$ cup oven-roasted chickpeas sprinkled with paprika or chili powder. Add a little bit of oil when you roast them.
- $\frac{1}{2}$ cup ricotta or cottage cheese mixed with fruit
- $\frac{1}{4}$ - $\frac{1}{2}$ avocado spread over high fibre crackers