

# Snacking

Snacks should always serve a purpose.

What snacks should not be:

- a pastime
- consumed mindlessly
- an activity when you're feeling overly emotional
- eaten when you are not hungry

What snacks should be:

- a way to **fuel** your body after strenuous activity if you don't foresee yourself eating a meal within 30-45 minutes
- an **opportunity** to meet your daily food group needs
- a **tactic** if you repeatedly find yourself eating ravenously at the next meal

There is a special formulation to optimize snack-time. Pairing fiber with a protein or fat can lead to a more satisfying and impactful snack.

## Pick One:

### Fiber



## Pick One:

### Fat

### OR

### Protein



- Apple (1 medium)
- Blueberries (1/2 cup)
- Baby Carrots (8 sticks)
- Cucumbers (1/2 cup)
- High Fiber Cracker >4g fiber  
(see serving size of package)
- Sprouted Bread (1 slice)



- Avocado (1/3 each)
- Hummus (2 TBS)
- Nut Butter (2 TBS)
- Walnuts (1/4 cup)

- Boiled Egg (1 egg)
- Cheesestick (1 each)
- Edamame (1 cup)
- Nitrate-Free Jerky (see  
package serving size)
- Yogurt (6 oz)
- Pumpkin Seeds (1/4 cup)



## Examples:

- Apple (1 medium) + Pumpkin Seeds (1/4 cup)
- Blueberries (1/2 cup) + Yogurt (6 oz)
- Baby Carrots (8 sticks) + Boiled Egg (1 each)
- Cucumbers (1/2 cup) + Hummus (2 TBS)
- High Fiber Crackers (see package) + Cheesestick (1 each)
- Sprouted Bread (1 slice) + Nut Butter (2 TBS)