

Snack List: Mix & Match

Step 1: Pick your protein source



Greek Yogurt



1oz Cheese



1/4 cup Nuts



2 Tbsp Hummus



1/2 cup Cottage Cheese



1 Hard Boiled Egg



1-2 oz Deli Turkey



2 tsp Nut Butter



1/2 cup Ricotta Cheese

Step 2: Pair with fiber



1 serving Whole Grain Crackers



1 serving Fresh Fruit



1 cup Raw Vegetables



Sample Snack Ideas

Savory

- **Nut Butter Boat**— Load a few celery sticks with 2 tsp of any nut butter (like peanut, almond, cashew etc.).
- **Jerkey**—Look for low-sodium and <5 grams added sugar. Try turkey, chicken, or salmon jerky.
- **Mixed Nuts** —Measure out ¼ cup or try 100 calorie bags.
- **Deli Rollups**; 2 slices deli turkey + 1 slice cheese. Add some veggie sticks or fruit for fiber.
- **Edamame Pods**—Found in the frozen vegetable aisle. Microwave and sprinkle with salt.
- **Hummus and Veggie sticks**—Try a variety of vegetables—celery, carrots, peppers, etc.
- **Mini cheese platter**; 1 low fat cheese stick + 10 almonds + 4 triscuit crackers
- **Tuna and cucumber crackers**; 2 oz tuna + 1 cup cucumber slices—try the flavored packet varieties of tuna for even more flavor.
- **Roasted Chickpeas**—Come in a variety of flavors including BBQ, honey roasted, and sea salt (brand names include Biena or The Good Bean)
- **Protein Veggie Dip**; mix together 1 container plain Greek Yogurt or ½ cup low fat Cottage Cheese + 1 tsp Hidden Valley Ranch Seasoning Packet and pair with 1 cup veggie sticks (cucumber, celery, carrots, etc.)
- **Roast Beef Wrap**: 2 oz Roast beef + 1 wedge laughing cow cheese. Pair with fruit or vegetable.
- **Whisps Dried Cheese**—Found in the snacks or near the croutons in your grocery store. Great lower carb alternative to chips!

Sweet

- **Greek yogurt parfait**; 6oz greek plain yogurt + ¼ cup berries (fresh or frozen) + 2tbsp low sugar granola (e.g Bear Naked Fit or Natures' Path Grain Free Granola)
- **Apple and Peanut Butter**; 1 small apple + 2tsp peanut butter
- **Fruit + Cheese plate**; 1 serving fresh fruit + 1 low fat cheese stick.
- **Eggs + Fruit**; 2 hard boiled eggs + 1 serving fruit.
- **Chocolate Almond Yogurt**; 1 Dannon Oikos Triple Zero Chocolate Flavor + 2.5 Tbsp sliced almonds
- **Chocolate Peanut Butter Pudding**; 1 Tbsp PB2 powder + 1 cup chocolate sugar free pudding stir to combine.
- **Apple with Cinnamon Peanut Butter Dip**: 1 small apple cut into slices, dip into mixture of 2 Tbsp PB2 powder, 3 Tbsp almond milk or water, and sprinkle of cinnamon.
- **Raspberry Protein Sorbet**: In blender or food processor mix 1 cup frozen raspberries with 1 container plain greek yogurt or Dannon Light and Fit Greek Yogurt Vanilla.
- **Cocoa Roasted Almonds**; Low in sugar and come in 100 calorie packs from Emerald brand.
- **Chocolate Covered Strawberries**; 3 Tbsp chocolate hummus spread + 4-5 fresh strawberries.
- **Protein Bars**—try and aim for ≤5g added sugar, >10g protein and <200 calories. Popular options are Built Bars*, Quest*, Pure Protein*, Nature Valley Protein, Atkins*, Fiber One Protein*, Think! 150 calorie bar*, RX Bars
**These bars contain sugar alcohols and may cause GI discomfort for some patients.*

Quick Guide to Label Reading

Serving Size

Pay attention to serving size, if you have more/less than the serving listed it will change the values below.

Protein

Remember every 7g of protein is equal to one serving.

Nutrition Facts

About 6 servings per container

Serving size 1 Cup (62g)

Amount per serving
Calories 210

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 37g **13%**

Dietary Fiber 11g **39%**

Soluble Fiber 6g

Insoluble Fiber 5g

Total Sugars 11g

Includes 9g Added Sugars **18%**

Protein 13g **21%**

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.6mg 10%

Potassium 350mg 6%

Phosphorus 15%

Magnesium 15%

Zinc 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories

For a snack, aim for <200 calories per serving.

Sodium

If you are concerned about sodium, look at the % Daily Value. Greater than 20% would be considered high sodium.

Added Sugar

Aim for ≤5g added sugar. Natural sugars from fruit and dairy are ok.

