



# Snacking

## 1. Control appetite and hunger

- Try not to go more than 3-5 hours without eating
- Incorporate protein and fiber into your snacks to provide fullness

## 2. Avoid mindless eating

- Snack when truly hungry
- Prepare healthy snacks ahead of time

## 3. Choose nutrient-dense snacks to keep you full until your next meal

- Try to pair carb with protein, carb with fat, or carb with protein and fat  
Examples include:

<b>Carbohydrates</b>	<b>Protein</b>	<b>Fats</b>
Vegetables	Yogurt	Nuts and seeds
Fruit	Hard boiled eggs	Nut or seed butter
Crackers	Tuna	Cheese
Popcorn	Roasted chickpeas	Guacamole
Yogurt	Hummus	Hummus
Granola	Nuts or nut butter	

## 4. Keep snacks to 150-300 calories

- Pre-portion snacks before eating, especially with foods from a multi-serving bag
- Individual yogurts, snack or protein bars, trail mix, cheeses, and more are great grab-and-go options that fall in this range



## Snack Ideas

### Snacks for Work

- Fresh fruit with nut butter
- String cheese or Babybel cheese
- Homemade trail mix (nuts, dried fruit, seeds, chocolate chips, etc.)
- Greek yogurt
- Roasted bean snacks (Biena, Good Bean, Enlightened)
- Vegetables or crackers and pre-packaged hummus or guacamole
- Bars- like KIND, Lara, RXBAR, etc.

### Night-time Snacks

- Rice cake or Graham cracker and 1 tbsp. nut butter
- Popcorn
- Yogurt with berries
- 1 cup vanilla frozen yogurt w/ 2 tbsp. chopped nuts or granola
- Apple slices and peanut butter
- 1/2 cup oatmeal w/ chocolate nibs and walnuts

### Pre-Workout

- 6 oz. vegetable juice or fruit smoothie
- 2 brown rice cakes and 1 tbsp. nut butter
- 1 whole wheat mini bagel with cream cheese
- 1/2 cup oatmeal with soy or low fat milk and cinnamon
- Small sweet potato with nut butter
- 1 medium banana and 1 tbsp. almond butter
- Applesauce and almonds
- Dates with peanut butter
- Larabar, Clif KIT bars

### Post-Workout

- RXBAR
- Low fat milk and fruit
- Hard boiled egg on whole wheat toast
- Greek yogurt with fresh fruit
- Peanuts and tart cherry juice
- 1 cup pineapple and cashews
- Roasted edamame and dried fruit
- Kodiak Cakes muffin with nut butter
- 1/2 turkey sandwich on whole wheat bread