

Carbohydrates

Whole grain crackers
Whole grain pita
Melon
Banana
Crisp bread
Whole grain tortilla chips
Berries
Orange
Rice cakes
Plum
Frozen peaches
Oatmeal

Protein

Hard cheese (eg. cheddar, gouda) mozzarella)
Yogurt
Hummus
Lentil or Bean Dip
Nuts (eg. almonds, walnuts, brazil nuts)
Seeds (eg. pumpkin, sunflower)
Hard-boiled egg
Cottage cheese
Tofu
Nut/seed butters (peanut, almond, sunflower)
Small tin of tuna or sardines
Edamame

Satisfying Snacking Guide

Balanced Snack Ideas:

Banana and peanut butter
Whole grain crackers and hummus
Melon and cottage cheese
Orange and hard-boiled egg
Whole grain tortilla chips and bean dip
Berries and yogurt
Veggies (eg. sliced cucumber, carrots, cherry tomatoes, celery),
whole grain crackers and cheddar cheese
Crisp bread and almond butter
Apple and cheese
Whole grain crackers and tuna
Plum and walnuts
Whole grain pita and hummus
Chia seed pudding with berries
Yogurt
Edamame
Roasted chickpeas, beans or lentils
1 cup milk or soy beverage

*Pair a
carbohydrate+
protein to make
snacks more
satisfying and
gentle on blood
sugars*