

# 101 (Well.... Almost) BALANCED SNACKING IDEAS

## SNACKS FROM HOME OR ON THE ROAD

113-175 g yogurt and a piece of fruit  
1-2 oz. cheese (try for <20% MF) and 4-6 whole wheat crackers  
½ cup low-fat cottage cheese and ½ cup blueberries (frozen or fresh)  
2 Tbsp. peanut butter and 1 tbsp. raisins on celery (ants on a Log)  
1-2 cups chocolate milk or soymilk

½ can tuna (packed in water) and 4-6 crackers  
2 tbsp. peanut butter on 1-2 slices of whole-wheat bread  
1/3-1 cup cereal and ½ to 1 cup milk (preferably 1% or skim)  
1 cup cooked oatmeal, served with 1 cup milk or soy milk  
1 hardboiled egg and a slice of toast or ½ cup chopped veggies

6-10 almonds and ½ cup baby carrots  
½ cup chopped veggies, dipped in ½ cup low-fat refried beans  
Banana and milk/soy milk shake (see **Rapid Snack #1**)  
1-2 peelable cheese strings or yogurt tubes with crackers, fruit, or veggies  
½ cup plain yogurt and ¼ cup bran buds or low-fat granola

3 oz. leftover dinner meat and ½ cup veggies  
½ cup unsweetened applesauce and ½ cup plain yogurt  
Bean burrito (see **Rapid Snack #2**)  
3-6 slices lean deli meat and veggies on a tortilla  
1 peelable cheese string and ½ cup veggies or 1 piece of fruit

1 cup bean, lentil, or meat-based soup (look for at least 5 g protein)  
Cottage cheese, raisins, and sunflower seeds (see **Rapid Snack #3**)  
1-2 cups mixed garden salad with 1 egg, ½ cup beans, or 3 oz. meat  
Energy bar (look for <250 calories, and 7-10 g protein)  
1 slice toast with 1 oz. light cheddar cheese and tomato

1 cup meat or vegetarian chili  
½ cup bean salad, made with red & white kidney beans, green beans, and vinaigrette dressing  
¼ cup trail mix, made with dry-roasted soy beans (see **Rapid Snack #4**), and a piece of fruit  
½ cup low-fat ricotta cheese and ½ cup Jell-O  
½ pita, dipped in 2 Tbsp. hummus or bean dip  
¼ pack of silken tofu with banana OJ, mixed in blender

## FAST FOOD, CAFETERIA, OR RESTAURANT CHOICES

Meat or vegetarian chili  
Garden salad with egg, tuna, or chicken – dressing on the side  
Fruit and cottage cheese, yogurt, milk, or chocolate milk  
Meat or bean-based soup  
6" sub on whole-wheat with lean meat, veggies, and mustard  
Tuna, chicken, or ham pita or wrap

## TIPS TO MAKE BETTER SNACK CHOICES

- **For lasting fullness and energy, as well as to reduce cravings and overeating at home, combine protein and carbohydrate foods together at meals and snacks.** Each of the snacks above contains both protein and carbs.
- **When choosing meats, choose leaner cuts**, like chicken, turkey, roast beef, or ham. Avoid sausages, salamis, bolognas, or other more highly-processed meats, which are much higher in total fat and saturated fat.
- **Reduce your intake of trans fats** by choosing fewer foods that contain "hydrogenated", "partially hydrogenated", or "shortening" in the ingredient list. You'll find these ingredients most commonly in pizzas, crackers, and pastries.
- **With dairy products**, try for 1% or skim milk, yogurt with 0-2% MF (milk fat), and cheese that is 20% MF or less.

### Rapid Snack #1: Frozen fruit shakes

- 1 frozen banana (peel and freeze in a Ziploc bag when it turns brown)
- ¾ cup milk or soy milk
- berries (fresh or frozen) to taste
- splash of orange juice

Combine all ingredients in a blender and blend until thick. Serve immediately.

### Rapid Snack #2: Refried bean burrito

- ½ cup (4-6 generous tbsp) low-fat refried beans (try Pres. Choice)
- 6" or 12" whole wheat tortilla
- 1 oz. low-fat cheese
- ½ tomato, diced

Combine beans and cheese in a bowl and microwave for 1-2 minutes, until cheese is melted. Spread on ½ of tortilla and add tomato. Fold tortilla and cut into slices. Serve with low-fat sour cream and salsa.

### Rapid Snack #3: PM "Hold-me-over"

- ½ cup low fat cottage cheese
- 2 Tbsp. raisins
- 2 Tbsp. sunflower seeds
- Cinnamon, to taste

Combine all ingredients in a small, resealable container. Use, as needed, to curb cravings and hunger, usually mid-afternoon, at work/school/practice/etc.

### Rapid Snack #4: Trail mix

- 2 parts dry-roasted soy beans
- 1 part raisins
- 1 parts bran buds
- 2 parts cereal (e.g. Shreddies or Cheerios)
- 1 part dry-roasted almonds or sunflower seeds

To reduce calories, include more cereal, and fewer dried fruits and nuts. Dry-roasted soy beans are a good lower-calorie alternative to other nuts. Serving size = ¼ cup (try to portion out individually if you are prone to overeating).