

EXAMPLES OF STRATEGIC SNACKS

(Approx. 100 – 150 calories each)

For **EACH** snack, choose: **1 item from Side A + 1 item from Side B**

SIDE A “Anchor” (Low Glycemic)

LEAN PROTEIN

Cheese (part skim, reduced fat)

BabyBell® Light Cheese Balls – 1

Cabot® Light Cheese Rectangles – 1

Cottage cheese – ½ cup

Greek yogurt – 6 oz.

Mozzarella string cheese – 1 stick

Deli meat - lean (turkey, ham) - 2 - 3 slices

Hard-boiled egg - 1

Protein Nutrition Bar – 1/2

Protein powder – 2 Tbsp.

Tuna – 1.5 oz.

Beans – ½ cup

Hummus - ¼ cup

HEALTHY FATS

Nuts and seeds

Almond Butter (1 Tbsp.)

Cashew Butter (1Tbsp.)

Peanut Butter (1 Tbsp.)

Almonds (10 per serving)

Cashews (10 per serving)

Walnuts (10 per serving)

Peanuts (20 per serving)

Pecans (10 per serving)

Pumpkin seeds (2 Tbsp.)

Sunflower seeds (2 Tbsp.)

SIDE B “Fuel” (Moderate-High Glycemic)

HEALTHY CARBS

Grains/Starches

Baked potato – 4 oz. (computer mouse)

Beans – ½ cup

Granola bar – crunchy – 1 bar

Popcorn – 3 cups (air popped or low fat)

Sweet potato - 4 oz. (computer mouse)

Whole Wheat Bread - 1 slice

Whole Wheat English muffin – 1/2

Fruits/Vegetables

(1/4 cup - dried, 1/2 cup – fresh/frozen, or 1 piece)

Baby Carrots

Grape Tomatoes

Vegetable juice

Apple

Apricots, dried – unsweetened (4)

Banana

Cherries

Grapefruit

Grapes

Orange

Peach

Peaches, dried – unsweetened (2 halves)

Pear

Pears, dried – unsweetened (2 halves)

Plum (2)

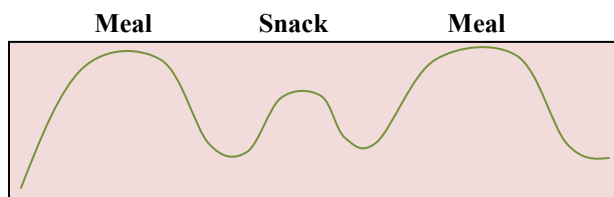
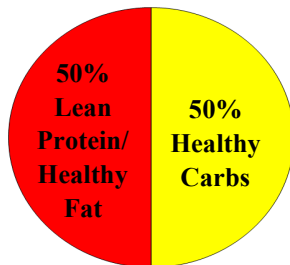
Prunes (3)

Dairy

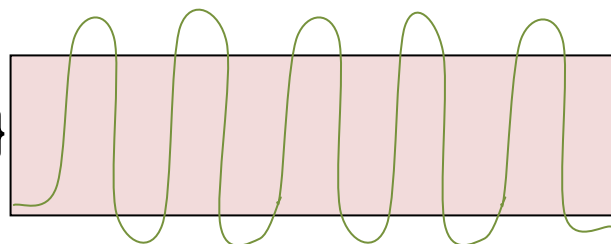
Skim milk – 1 cup

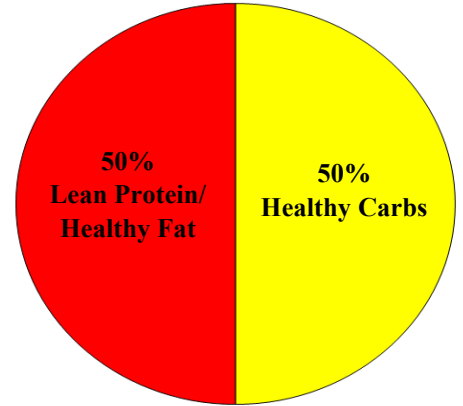
Yogurt (80 calorie fat free) – 6 oz.

Soy milk - 1 cup



Preferred
Glucose &
Energy Zone





EXAMPLES OF STRATEGIC SNACKS

Suggested combinations:

- Slice of whole wheat bread + 1 Tbsp almond or cashew butter
- 1 Babybel® Light cheese ball + 18 grapes
- 2 turkey slices + 1 Cabot® Light cheese rectangle + 6 crackers
- ½ ham sandwich (2 oz. ham, 1 slice whole wheat bread, mustard)
- 1 boiled egg + 1 Babybel® Light cheese ball + 1 apple
- 6 crackers + 2 Tbsp hummus + 1 Babybel® Light cheese ball
- Sweet potato + 2 slices deli ham
- ½ Whole wheat English muffin + 1 Tbsp. cashew butter
- 1 vanilla Greek yogurt with ¾ cup blueberries
- 1 vanilla Greek yogurt + 1 small banana
- 1 carton skim milk + 1 Tbsp chocolate whey protein powder
- 1 regular unsweetened fruit yogurt + 1 Tbsp whey protein powder
- 1 small banana + 10 almonds **
- 2 dried peach halves + 10 cashews **
- Granola bar + 10 almonds **
- Protein/carb power bar **
- 2 dried pear halves + 1 Cabot® Light cheese rectangle **
- Crunchy granola bar + 1 Tbsp almond or cashew butter**
- 1 Babybel® Light cheese ball + 4 crackers + 1 apple **
- 1 Tuna cup (~1.5oz) + 6 crackers **

** Travel-friendly options



Shopping List

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