

# 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”

#### LEAN PROTEIN

*Cheese (.75-1 ounce)*

BabyBel® Cheese Ball – 1

Cabot® Cheese Rectangles – 1

Mozzarella string cheese – 1 stick

Plain Greek yogurt – 4-6 oz

Cottage cheese – ½ cup

Natural Deli meats - 2-3 slices

Unsweetened, clean Jerky

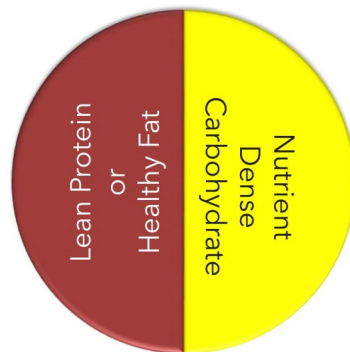
Unsweetened Protein powder – 2 Tbsp

Tuna – 1.5 oz

Beans – ½ cup

Hummus - ¼ cup

Hard-boiled egg - 1



#### 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)

Avocado - ¼

### SIDE B “Fuel”

#### NURTIENT DENSE CARBOHYDRATES

*Grains/Starches*

Sweet potato - 4 oz (computer mouse)

Baked potato – 4 oz (computer mouse)

Beans – ½ cup

Popcorn – 3 cups (air popped)

Oatmeal – ½ cup, cooked

Whole Wheat Bread/Sandwich Thin - 1 slice

Whole Wheat English muffin – ½

Whole Grain Crackers– 5-6

*Fruits/Vegetables*

*(¼ cup - dried, ½ cup - fresh/frozen, or 1 piece)*

Baby Carrots

Berries ( ¾ cup)

Grape Tomatoes

Vegetable juice

Apple

Banana

Cherries

Grapefruit

Grapes

Orange

Peach

Peaches or Pears, dried – unsweetened (2 halves)

Pear

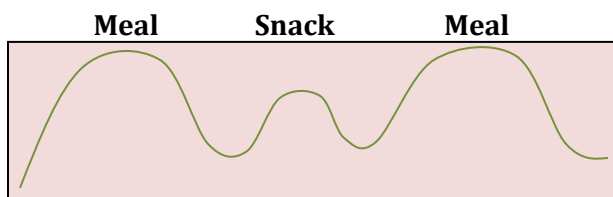
Plum (2)

*Dairy*

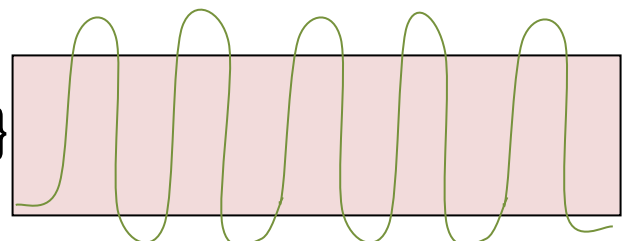
Milk – 1 cup

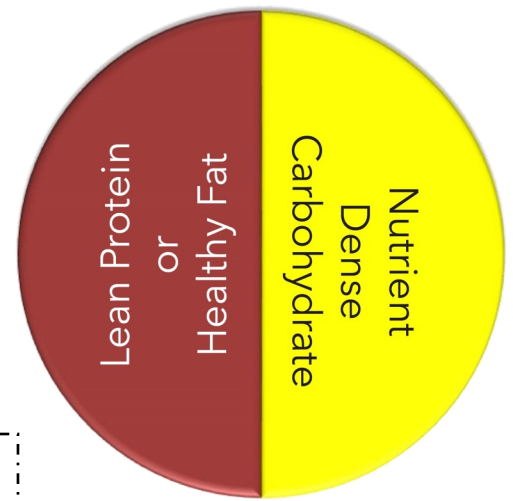
Regular Plain Yogurt (non-Greek)– 6 oz

Unsweetened 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® cheese ball + 18 grapes
- 2 turkey slices + 1 cheese stick + 6 crackers
- ½ ham sandwich (2 oz ham, 1 slice whole wheat bread, mustard)
- 1 boiled egg + 1 apple
- 6 whole grain crackers + ¼ cup hummus
- Sweet potato + 2 slices deli ham
- ½ Whole wheat English muffin + 1 Tbsp cashew butter
- 4-6 oz plain Greek yogurt with ½ cup blueberries
- 4-6 oz plain Greek yogurt + 1 small banana
- 6-8 oz milk + 1 Tbsp chocolate whey protein powder
- 1 regular unsweetened yogurt + 1 Tbsp whey protein powder
- 1 small banana + 10 almonds \*\*
- 2 dried peach halves + 10 cashews \*\*
- 6 whole grain crackers + 10 almonds \*\*
- 2 dried pear halves + 1 Cabot® cheese rectangle \*\*
- 1 fruit and nut bar (check for added sugars!) \*\*
- 1 unsweetened jerky stick + 4 whole grain crackers \*\*
- 1 Tuna cup (~1.5oz) + 6 whole grain crackers \*\*
- ½ can sardines + 1 apple

\*\* Travel-friendly options

### Shopping List

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