

BALANCED SNACKING

For optimal energy, blood sugar control and to avoid overeating, eat small amounts frequently (about every 3-4 hours). A balanced snack with carbohydrates and protein can help bridge the gap between main meals that are more than 4 hours apart. Carbohydrates eaten alone may give you a quick energy boost lasting only 1-2 hours. By combining a carbohydrate with a protein your snack may provide energy for up to 3-4 hours.

| Carbohydrate Sources <i>Each portion equals 15g carb</i> | Protein Sources <i>Each portion contains at least 8g protein</i> |
|---|---|
| <p>Grain Products (Choose whole grain)</p> <ul style="list-style-type: none"> • 4 crackers (20g) • 1 slice (35g) bread • ¾ cup cereal* • ½ English muffin • 3 cups air-popped popcorn • ½ pita (6") • 1 tortilla (6") • ¾ cup oatmeal, hot cereal* • Granola bar* <p>Fruits</p> <ul style="list-style-type: none"> • 1 piece fresh fruit • ½ banana or mango • 1 cup berries or melon • 15 grapes or cherries • ½ cup canned fruit (canned in own juices or water) • ½ cup unsweetened applesauce <p>*Aim for 5g or more of fibre, 8g or less of sugar</p> <hr/> <p>Vegetables (Choose freely) <i>Very low in carbs, fat, salt and calories</i></p> <ul style="list-style-type: none"> • 1 cup raw veggies • 1 cup leafy greens (i.e. salad) • ½ cup frozen mixed veggies • 1 cup low sodium vegetable juice | <p>Dairy Products</p> <ul style="list-style-type: none"> • ½ cup partly skimmed ricotta cheese • ½ cup cottage cheese (0-2% MF) ❖ • 50g gruyere, goat cheese, Swiss cheese, mozzarella cheese (22.5%MF) • 50g other cheese • 1-2 fat free cheese slice, 1 light Babybel® ❖ • 4tbsp skim milk powder ❖ • ½ cup – ¾ cup Greek yogurt (0-2%MF) ❖ <p>Meat alternatives</p> <ul style="list-style-type: none"> • 2-4 slices vegetarian luncheon meat ❖ • 1 vegetarian hotdog or hamburger ❖ • ½ cup baby soy beans (edemame) ○ • ¼ cup hummus ❖ • 75g-150g tofu (silken, firm, extra firm) ❖○ • ½ cup beans, lentils, legumes ❖ (boiled/low salt can) • 2 tbsp natural nut butters (i.e. peanut butter) • ¼ cup unsalted nuts or seeds • ¼ cup walnuts (English or Persian) ○ • 3 tbsp flaxseed/chia seeds ○ • 2 omega-3 fortified eggs ○ • 1-2 eggs 2-4 egg whites ❖ <p>Meat, Poultry, Fish</p> <ul style="list-style-type: none"> • ¼ cup tuna canned in water ❖ ○ • ¼ cup canned anchovy, sardines or salmon ○ • ¼ cup imitation crab ❖ • 5-6 oysters, shrimp, clams ❖ • 2 slices extra lean deli meat (turkey, chicken, ham, beef) ❖ |

SNACK IDEAS FOR LASTING ENERGY

All of the following snack ideas have a combination of protein (underlined) and carbohydrate to provide you with lasting energy. Get creative and make up some of your own combinations.

Quick snacks when you don't have access to a fridge...

- ¼ cup trail mix (nuts, seeds, dried fruit and high fibre cereal)
- Δ Celery sticks with 2tbsp peanut butter
- ¼ cup tuna on 4 whole wheat crackers ❖
- ¼ cup roasted soy nuts and applesauce ○
- Pear slices and Babybel® cheese
- Apple slices with 2 tbsp peanut butter
- ¾ cup oatmeal with 4tbsp skim milk powder ❖
- Δ Raw veggies with ¼ cup hummus ❖
- ½ cup applesauce with 3tbsp chia seeds ○
- 2 rice cakes with 2tbsp almond butter

Quick snacks to grab from the fridge or cooler...

- ½ cup plain Greek yogurt with ½ cup fresh or frozen berries ❖
- Δ ½ cup cottage cheese with cherry tomatoes and cucumber ❖
- Δ 6 shrimp with salsa ❖
- 1 hard boiled egg with 4 whole wheat crackers ❖
- Δ 1 sliced veggie hotdog and sliced vegetables ❖

Make-ahead snacks...

- Δ Garden salad with ¼ cup soy beans (edemame) ❖
- Δ ½ cup of 3 bean salad (chickpeas, kidney beans, green beans) ❖
- Smoothie (see recipes below) ❖
- More make-ahead snacks include pinwheels, burritos, cheese-stuffed pita, frozen Greek yogurt banana pops, quesadillas and tuna melt. Get creative!

Δ Lower carbohydrate option

| | |
|---|---|
| <p>Spiced Raspberry Smoothie ❖</p> <p><i>Serves 2</i></p> <p>1½ cups raspberries ½ cup fat-free cottage cheese 2tbsp old-fashioned rolled oats Pinch of cinnamon 1 cup ice cubes 1/3 cup skim milk or water</p> <p>Nutrition per serving: 115 calories 17g carbohydrates 9g protein 5.5g sugar</p> | <p>Be Green Smoothie ❖</p> <p><i>Serves 2</i></p> <p>1 small apple and 2 cups spinach ½ cup fat-free plain Greek yogurt 2tbsp ground flax seed 1 tsp maple syrup or honey 1 cup ice cubes 1/3 cup water</p> <p>Nutrition per serving: 110 calories 16g carbohydrates 9g protein 9g sugar</p> |
|---|---|

Low calorie: <100kcal per serving ❖ **Low fat:** <5% per serving, no trans fat, <10% fat from saturated fat **Low sodium**<200mg per serving ○ **High omega 3** >250mg per serving