

Smart Snacking

Snacking often gets a bad reputation. However, snacking can provide additional nutrients, boost your energy, regulate your blood sugar and keep you satisfied throughout your day. Eating smaller meals, or including snacks every 3-4 hours can actually be beneficial for your metabolism and nutrition. The key to success is pairing a lean protein with a whole grain and eating something every few hours.

Quick & Easy Options

- 1 medium apple with 1 tbsp of nut butter
- 5 whole grain crackers and a string cheese
- 1 piece of whole wheat toast and 1 tbsp of nut butter
- 1 container (8 oz.) Greek yogurt with 1/2 cup berries
- 1 medium banana and a hard boiled egg
- Handful of nuts and dried fruit (ex: raisins and almonds)
- 1 cup canned tuna with whole grain crackers (check serving size)
- 1 cup drained, canned fruit and 1 slice cheddar cheese

Fresh & Tasty Ideas

- Make your own trail mix. Use a variety of whole grain cereals, nuts or seeds and dried fruit. Portion into 1/4 cup servings in a snack bag.
- Try 3 cups of air popped popcorn with a sprinkle of chili powder, cinnamon or grated cheese, instead of butter and salt.
- Season chickpeas with a drizzle of olive oil and spices such as cumin, cayenne pepper or cinnamon and roast in the oven at 450 degrees for 30-40 minutes.
- Eat carrot, celery or bell pepper sticks with 2 tbsp of veggie dip made with Greek yogurt.
- Cut a whole wheat pita into wedges and eat with 2 tbsp hummus or bean dip.
- Make a veggie pizza using an English muffin, 2 tbsp tomato sauce, 1 oz. of low-fat cheese and your choice of veggies.
- Build your own parfait with 6 oz. of plain yogurt, 1/2 cup fruit of choice and 1/4 cup of low-fat granola.
- Spread 2 slices of low sodium turkey lunchmeat with 1 tsp low-fat cream cheese, add veggies and roll it up.
- Blend 1 cup low-fat milk or milk alternative with 1 cup frozen fruit to make a snack size smoothie. Bonus if you throw in some greens!
- Mash an avocado, mix in 2 tbsp of salsa and eat with whole grain tortilla chips (10-12 chips).

Source: Academy of Nutrition & Dietetics, 2017

Contact your onsite Health Coach for more information:

Allison Knight, NBC-HWC, NDTR, CPT

National Board Certified Health & Wellness Coach,
Nutrition & Dietetic Technician, Registered & Certified Personal Trainer
262.804.1068 • allisonknight@employeehc.com

