**Snacks: Add It Up to Make It Work**

Balance your body and stave off hunger. Choose one from each column for a healthy, satisfying snack!

### Carbohydrates

**Grains**
- ½ English muffin
- 15 pretzels
- 2 rice cakes
- ½ pita
- 6 saltine crackers
- 12-15 veggie chips
- ¼ cup low-fat granola
- 1 slice bread
- 1 6-inch tortilla
- 3 graham cracker squares
- 3 cups low fat popcorn

**Veggies**
- ½ cup starchy vegetables – corn, peas, potatoes
- Non-starchy vegetables – see below

**Dairy**
- 8 oz low fat or skim milk
- ~ 6 oz lite or Greek yogurt
- ¼ cup sugar free pudding
- 8 oz low fat soymilk
- ½ cup ice cream

**Fruits**
- 1 ¼ cup whole strawberries
- ½ cup blackberries or blueberries
- 1 cup cantaloupe or honeydew
- 1 4oz (tennis ball sized) apple
- pear or peach
- ½ cup cherries, applesauce or canned fruit
- 1 ½ cup watermelon
- 2 tbsp. raisins
- 15 grapes
- ½ banana

### Protein

**Meats**
- 1-2 oz skinless chicken or turkey
- 1-2 oz chicken/tuna/egg salad (made with lite mayo)
- 1 hardboiled egg
- ½ cup egg whites
- 1-2 oz fish

**Cheese**
- 1 oz low fat cheese, soy cheese or string cheese
- ¼ cup low fat grated cheese
- ¼ cup low fat cottage cheese
- 2 tbsp. low fat cream cheese

**Beans and Dips**
- 1/3 cup hummus
- 1 cup beans – black, kidney, lentils, Chickpeas, pinto, black eyed peas
- ¼ cup refried beans
- ¼ cup tofu
- 1/3 cup bean dip
- ¼ cup edamame
- ¼ cup soynuts

**Nuts & Seeds**
- 1 Tbsp. sunflower, pumpkin, pepito or sesame seeds
- ¼ cup pecans, walnuts, almonds
- Cashews or peanuts
- 1 Tbsp. peanut, almond
- Or cashew butter

**Enjoy unlimited raw non-starchy veggies – Ex. broccoli, carrots, celery, cucumber or peppers**