

Balanced Snack Ideas

Each snack has between 11-35 grams carbohydrates, 7-14 grams protein (1-2 ounces protein)

Snack Ideas
3 cups light popcorn + ¼ cup mixed unsalted nuts
6oz yogurt or Greek Yogurt + ¼ cup granola
1 bagel thin w/2 Tbsp peanut butter or 2 Tbsp cream cheese
Celery sticks w/2 Tbsp peanut butter and 2 Tbsp dried fruit
16 wheat thin crackers + hard boiled egg
Granola bar (~10 grams protein)
1 medium fruit (apple, orange, plum, ...) + cheese stick
½ cup oatmeal + 2 Tbsp peanut butter
1 6" whole wheat tortilla + 2 slices of cheese
½ cup whole grain cereal + ¼ cup nuts
1 cup berries + 6oz yogurt or Greek Yogurt
1 cup melon + ¼ cup cheese cubes
1 whole banana w/2 Tbsp peanut butter
1 cup raw vegetables + ¾ cup ranch yogurt dip (¾ cup plain greek yogurt mixed w/ 2-3 tsp dry ranch seasoning mix)
1 medium apple + 2 Tbsp peanut butter
1 cup low-fat cottage cheese + ½ canned fruit (light syrup, no sugar added)
15 tortilla chips + ⅓ cup salsa + ¼ cup shredded cheese
8 oz low fat milk + 2 graham cracker sheets (8 crackers)
⅓ cup hummus + 1 cup raw vegetables

Snack Ideas

1 toasted english muffin + 2 Tbsp mashed avocado or 2 Tbsp nut butter

¼ cup dried fruit + ¼ unsalted nuts

1 sandwich w/2 slices whole wheat bread + 2 slices lean meat (chicken, turkey, tuna)

1 sandwich w/2 slices whole wheat bread + 2 Tbsp nut butter (peanut butter, almond butter)

1 tuna packet + 16 wheat thins

4 rice cakes + 2 tbsp. Nut butter + 2 Tbsp sugar-free jelly

1 cheese quesadilla - 6 inch corn tortilla + ¼ cup shredded cheese + ¼ cup salsa

3 cups light popcorn + ¼ cup shredded cheese

1 cup frozen berries + 6oz yogurt + ¼ cup sugar-free cool whip

1 whole wheat english muffin + 1 scrambled egg + 1 slice of cheese

17 grapes + 1 cheese stick

Created by Dietitian - Rachel Allison, RD, LDN