



# Building Balanced Snacks

Try thinking of snacks as miniature versions of meals – including more than one food group and having a balance of protein, fat, and fiber-rich carbohydrate.

When built with balance in mind, snacks can help to keep us satisfied in between meals so we are less likely to overeat later. They can also be helpful if you do not get enough of something, such as vegetables and fruits, at your normal meals.

## Formula for Balanced Snacks

Balanced Snack = Fiber-Rich Carbohydrate + Protein + Non-Starchy Vegetable

Fiber-Rich Carbohydrate	Protein	Non-Starchy Vegetable (½-1 cup)
<ul style="list-style-type: none"> <li>• 1 apple</li> <li>• 1 banana</li> <li>• 1 cup berries</li> <li>• 1 cup melon</li> <li>• 1 cup cherries</li> <li>• 1 cup grapes</li> <li>• 1 cup plain yogurt or ½ cup sweetened yogurt</li> <li>• ¼-½ cup hummus</li> <li>• ¼-½ cup beans or lentils</li> <li>• 1-2 slices whole-grain bread</li> <li>• 1 (4- to 8-inch) whole-grain tortilla</li> <li>• 5-10 whole-grain crackers</li> <li>• 3 cups popcorn</li> </ul>	<ul style="list-style-type: none"> <li>• ½-1 cup cottage cheese</li> <li>• ½-1 cup Greek yogurt</li> <li>• ½-1 cup edamame</li> <li>• ½ cup hummus</li> <li>• ½ cup beans or lentils</li> <li>• 1-2 hard-cooked eggs</li> <li>• ⅛-¼ cup nuts or seeds</li> <li>• 1-2 tablespoons nut or seed butter</li> <li>• 1-2 slices deli meat</li> <li>• 1-2 strips jerky</li> <li>• ½-1 can or pouch of tuna or salmon</li> <li>• 1-2 string cheese sticks</li> <li>• 1-2 slices cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Beets</li> <li>• Bell peppers</li> <li>• Broccoli</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Edamame</li> <li>• Green beans</li> <li>• Jicama</li> <li>• Radishes</li> <li>• Salad greens</li> <li>• Tomatoes</li> <li>• Zucchini</li> </ul>