

# Build a Balanced Snack



Before plating your snack, review what a serving size is of the foods you chose.

Building a balanced snack helps manage cravings, keeps blood sugars stable, improves energy, and prevents overeating at meals. Adding a protein or healthy fat can help keep you full longer. Choose a food from one of the first two lists below to create a nutrient-dense balanced snack. Examples are in the 3rd list.



## High Fiber



## Proteins & Healthy Fats



## Balanced Snacks

### Vegetables

carrots, bell peppers, snap peas, broccoli, etc

### Fruit

berries, apples, pears, oranges, dates, kiwi, plums, prunes, etc.

### Whole Grains

brown rice, whole wheat, oats, quinoa, etc.

### Legumes

beans, chickpeas, lentils, soybeans, etc.

### Nuts/Seeds

almonds, pistachios, pecans, walnuts, etc.

### Nuts/Nut Butters

Almonds, cashews, walnuts, pistachios, pecans, etc.

### Seeds/Seed Butters

pumpkin, chia, flax, sunflower, hemp

### Dairy

Greek yogurt, string cheese, cottage cheese, milk

### Seafood

tuna, salmon, mackerel, anchovies, sardines

### Meat/poultry

jerky, chicken, turkey, etc.

### Other

beans, eggs, avocado, soy (edamame), olives, hummus

- tomato slices + sliced turkey breast
- whole wheat bread + 1 tbsp peanut butter
- baby carrots + hard boiled egg
- banana + 1 tbsp peanut butter
- peaches + low fat cottage cheese
- greek yogurt + berries
- triscuit crackers + string cheese
- bell pepper strips + hummus
- multigrain cheerios + skim milk
- whole wheat crackers + tuna
- whole wheat tortilla + refried beans (warmed)



# Snack Planning

Using the front page of this sheet as a guide, write down a few snacks you enjoy eating. Don't forget to balance your snack with a protein or healthy fat.

Example:



Hummus

+

Carrots



+



+



+



+



+



+

*Challenge*

Make sure to add snacks from the list above to your grocery list!



Community Health  
WIC/Nutrition Department