

Smart snacking involves 2 things: a food to boost your energy level and a food to keep you full and keep your blood sugar stable until the next meal.

**Combine foods from each category to make your perfect snack !**

## Choose 1 food to boost your energy level

### Non-Starchy Vegetables

- Celery
- Carrots
- Cucumber
- Tomato
- Broccoli
- Cauliflower
- Bell pepper

### Fruits

- Apple, Pear, Orange (1)
- Banana (1/2)
- Berries (1 cup)
- Grapes, Cherries (15-20)
- Plum, Clementine, Kiwi (2)
- Fruit salad (1/2 cup)
- Apple sauce (1/2 cup)

### Starches

- Bread (1 slice)
- Crackers (4-6)
- Wrap, Pita (1/2)
- Oatmeal (3/4 cup cooked)

## Add 1 food to help keep you full

### Protein Foods

- Nuts (suggested serving 2 Tbsp to 1/4 cup)
- Seeds (suggested serving 1/4 cup)
- Egg (suggested serving 1)
- Light tuna (suggested serving 1/2 can)
- Smoked salmon (suggested serving 2 slices)
- Low fat cheese (20% M.F. or less; suggested serving 30 g)
- Natural Peanut or Almond Butter (suggested serving 2 Tbsp)

### Calcium-Rich Foods

- Milk /Soy beverage (1 cup)
- Plain Yogurt (3/4 cup)
- Cottage cheese (1/2 cup)
- Flavored yogurt (1/2 cup)

### Starches

- Hummus (1/4 cup)
- Bean salad (3/4 cup)
- Lentil soup (3/4 cup)

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**Hungry for more ? Trust your natural hunger cues for how much to eat !**

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**Foods in yellow turn to sugar. Limit yourself to the amount suggested.**



**Space meals and snacks by 2 –3 hours.**

HEALTHY SNACK IDEAS

veggies + 1/4 cup hummus

1 cup squash soup + 2 slices light cheese

1/2 cup berries + 1/2 cup plain yogurt

1/2 sandwich (egg or tuna + 1 slice brown bread)

1 cup homemade smoothie (1/2 cup frozen berries + 1 cup low fat milk)

1 apple + 10 almonds

10 cherry tomatoes + 1 boiled egg

4 whole grain crackers + 2 slices light cheese

3 cups air popped popcorn



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