



Healthy Snacks

Make snacks healthy by combining a protein food and a fiber food. This will help you feel full so you are less likely to graze and over-eat.

Protein Foods:

- Peanut Butter
- Yogurt
- Hummus
- Cheese stick
- Deli turkey
- Almonds
- Cashews
- Walnuts
- Pistachios

Fiber Foods:

- Apple
- Banana
- Grapes
- Dates
- Fruit cup
- Baby carrots
- Celery
- Bell pepper
- Popcorn

Protein + Fiber = Healthy Snack