

How to Build a Healthy Snack

CHOOSE ONE HIGH FIBRE FOOD

AND

CHOOSE ONE HIGH PROTEIN FOOD

raw vegetables

1 cup low sodium
vegetable soup

1 cup frozen or fresh
berries

1/2 cup canned fruit
(packed in water)

1 medium fruit

2 tablespoons dried fruit

2-4 high fibre crackers (e.g.
Ryvita, Wasa, FinnCrisp)

1/2 whole wheat pita or 1
small whole wheat tortilla

1 small homemade low fat,
high fibre muffin

1/2 cup high fibre cereal
(e.g. Bran buds, spoon size
Shredded Wheat)

1 hard boiled egg

1/2 cup legumes (i.e.
chickpeas, lentils, black
beans...)

3/4 cup low fat plain or
artificially sweetened yogurt
or 1/2 cup plain low fat
Greek/Icelandic yogurt

1/2 cup 1% cottage cheese

1/4 cup plain nuts

2 tablespoons plain seeds
(i.e. pumpkin, sunflower...)

30 g or 1 ounce of low fat
cheese (e.g. Laughing Cow
light or Mini Babybel Light)

1/3 cup hummus

2 tablespoons of nut butter
(i.e. peanut or almond)

1 cup skim or 1% milk or
soy beverage
unsweetened