



SMART SNACKING STARTS HERE

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POWER PACKED SNACKING

Smart snacking can be a simple way to support your overall health by helping you stay energized, satisfy hunger between meals, and fit more nutritious foods into your day.

1. **Boost nutrition:** Snacks provide additional opportunities to include fruits, vegetables, whole grains, protein foods, and other nutrient-rich choices.
2. **Maintain energy:** Balanced snacks can help keep your energy levels steady and support focus between meals.
3. **Manage hunger:** Planning satisfying snacks can help prevent excessive hunger and make it easier to maintain healthy eating habits throughout the day.

SIMPLE TARGETS



3-5 grams of fiber



5-10 grams of protein

MIX & MATCH!

FIBER	PROTEIN	PAIRED TOGETHER
1 medium apple	1 mozzarella cheese stick	175 calories: 4g fiber, 7g protein
1 banana	1 tbsp almond butter 1 tbsp peanut butter	180 calories: 4g fiber, 5g protein 190 calories: 4g fiber, 5g protein
1 cup mixed berries	½ cup low-fat cottage cheese ¾ fat-free Greek yogurt	135 calories: 4g fiber, 12g protein 140 calories: 4g fiber, 12g protein
1 cup baby carrots, bell peppers & cucumbers	3 tbsp hummus ¼ cup mixed nuts	130 calories: 4g fiber, 5g protein 200 calories: 4-5g fiber, 6g protein