



A Quick Guide to

Healthy Snack Prep

A healthy snack will provide a boost of energy and curb hunger by keeping you fuller longer. The best snack choices contain a mix of protein, fiber, and fat. Choose one item from each category next time you're feeling hungry

> Protein



Lean deli meat



Chicken breast



Low-fat cheese



Greek yogurt



Hard boil egg



Hummus



Protein powder

> Fiber



Apples



Bananas



Berries



Dried fruits



Whole wheat bread



Whole wheat crackers



Carrots

> Fat



Peanut/almond butter



Ground flax seed



Avocado



Sunflower seeds



Almonds



Pistachios



Walnuts