

Balanced Snacks

~ combine any 1 protein choice with any 1 carbohydrate choice

Protein Choices	Carbohydrate Choices
<i>Choose lower-fat options for heart health, and lower calorie</i>	<i>Choose whole-grain for lasting energy, and fibre</i>
MEAT, POULTRY, FISH:	GRAIN PRODUCTS:
Tuna packed in water (1/2 can)	Low sugar, low fat, muffin
Lean deli meat (50g)	2 Melba toast
Low-fat tofu dog (1)	2 RyVita
Shellfish -shrimp, crab, lobster (30 g)	10 Tortilla Chips
Roasted turkey/chicken (50g)	Pretzels (28 g)
Lean beef - roast, ground (50g)	2 Fig Newton bars
Egg salad with light mayo (1/2 cup)	Multigrain cereal (1/3 cup)
Boiled egg (1)	Whole grain crackers (28g)
DAIRY PRODUCTS:	whole-wheat pita (1/2)
Lower fat cheese (1 oz)	Popcorn (1 cup)
Skim milk (1/2 – 1 cup)	Whole wheat English muffin (1)
Cottage cheese (1/4 - 1/2 cup)	Multigrain flatbread (1/2)
Cheese strings (1)	Pasta (1/2 cup)
Light cream cheese spread (2 Tbsp)	Rice (1/2 cup)
Yogurt (0-2% MF)	Oatmeal (3/4 cup)
VEGETARIAN PROTEINS:	Nutrigrain bars (1)
Soy nuts (1/4 cup)	Bulgar wheat or other grains (1/2 cup)
Any kind of seeds (1/4 cup)	FRUITS and VEGETABLES:
Any kind nuts (1/4 cup)	1/2 cup fruit salad
Peanut/Nut Butter (1 tbsp)	1 piece fruit
Chickpeas (1/2 cup)	Unsweetened applesauce
Hummus (1 tbsp)	Dried fruit (1/4 cup)
Any beans, lentils (1/2 cup)	Chopped raw vegetables (unlimited)
Soy milk, cheese, yogurt (100g)	Baked potato (1/2)
Tofu products (100g)	Baked sweet potato/yam (1/2)
	Tomato sauce (1/2 cup)
	Salsa (1/4 cup)

Quick snacks when you don't have access to a fridge

1/4-1/2 c	Trail Mix (nuts, seeds, soy nuts, dried fruit, cereal, etc)
1 Tbsp	Peanut butter with celery or apple, rolled in a tortilla
2-4 Tbsp	Roasted soy nuts and unsweetened applesauce or raisins
1-2 c	Skim milk powder shake (mix skim milk and chocolate powders, add water)
1	Dried soup (look for brands with >7g protein)
1/2-1	Energy bar (look for <25g of carbohydrates + >7g protein per bar)
28 g	Crackers with (1 oz) cheese or (1 Tbsp) peanut butter
1 can	Individual serving tuna with 4-5 crackers, pita or on salad
1 pkg	Tuna meal

Quick snacks to grab from the fridge

1/2 c	Yogurt (add granola or bran buds for extra fibre and a crunch)
1oz	Cheese (prepackaged cheese strings) + apple
1-2 Tbsp	Cream cheese or peanut butter with celery
1-2	Wraps: small whole-wheat tortilla with meat slice and cheese slice
1 small	Burrito: tortilla, refried beans, light cheese, salsa (they freeze well too)
2-4 tbsp	Hummus or blackbean dip and veggies or 1/2 pita to dip
1/2-1 c	Three bean salad (kidney beans, green/wax beans, vinaigrette dressing)
1/4-1/2 c	Baked beans on 1 slice toast
2-4 Tbsp	Each: Salsa, light sour cream, grated cheese, and black beans – dip with tortilla chips
1/2-1 cup	Potato salad with egg, lowfat mayonnaise and low-fat plain yogurt
1-2	Egg on toast, or delviled egg and 1 cup juice
1/4-1/2 c	Cottage cheese and fruit
1-2 c	Salad with cottage cheese or tuna or cheese or egg on top
10-15	Shrimp dipped in shrimp sauce
1-2 Tbsp	Tuna, crab, or egg salad on celery or 4-6 crackers
1-2	Spring rolls with tofu, dipped in plum sauce
1-3	Chicken strips or tofu with 'shake-n-bake'
2-3	Meatballs made with extra-lean ground beef or chicken, dipped in tomato sauce
2-4	Nutballs (I have a recipe)
1-2 c	Soup: pea, lentil, bean, chicken or cream soup (made with milk)
1 c	Smoothie or protein shake

Light Snacks (<200 cal)

1 apple with 1 oz cheese
1/3 cup hummus with medium carrot
1 cup orange juice & 1 boiled egg
1 cup yogurt shake (yogurt + fruit)
1 small baked potato with 1/4 cup cottage cheese

Power Snacks (200-300 cal)

6 crackers with 2 tbsp peanut butter
1.5 cup cereal with 1 cup milk
1/2 bagel with egg salad
English muffin pizza
6 whole wheat crackers with 30 grams of cheese and 8 oz juice