

## Carbohydrate

Whole grain crackers  
 Whole grain pita  
 Melon  
 Banana  
 Crisp bread  
 Whole grain tortilla

Day 3 Berries Day 4

Whole grain tortilla chips  
 Orange  
 Rice cakes  
 Plum  
 Apples

## Protein

Hard cheese (eg. cheddar, gouda)  
 Yogurt  
 Hummus  
 Lentil or Bean Dip  
 Nuts (eg. almonds, walnuts, brazil nuts)  
 Seeds (eg. pumpkin, sunflower)  
 Hard-boiled egg  
 Cottage cheese/Greek yogurt  
 Tofu  
 Nut/seed butters (peanut, almond, sunflower)  
 Small tin of tuna or sardines  
 Edamame

## Snack Ideas:

Banana and peanut butter  
 Whole grain crackers and hummus  
 Melon and cottage cheese  
 Orange and hard-boiled egg  
 Whole grain tortilla chips and bean dip  
 Berries and yogurt  
 Veggies (eg. sliced cucumber, carrots, cherry tomatoes, celery), whole grain crackers and cheddar cheese  
 Crisp bread and almond butter  
 Apple and cheese  
 Whole grain crackers and tuna  
 Plum and walnuts  
 Whole grain pita and hummus  
 Chia seed pudding with fruit  
 Yogurt  
 Edamame  
 Roasted chickpeas, beans or lentils  
 1 cup milk or soy beverage

# Satisfying Snacking Guide

**Pair a carbohydrate + protein to make snacks more satisfying and gentle on blood sugars**