

# Mix and Match Healthy Snacks

Snacks play an important role in a healthy diet. But if you find that you're snacking often, talk to your GIThrive Dietitian to explore how balancing your meals might help you feel satisfied for longer.

## Be a Super Snacker

- 1. Think ahead.** How will your snack fit into your plans? Pack something that will be easy to carry, store, and eat.
- 2. Carbs + Protein + Fiber.** To help you feel satisfied between meals, choose a snack that contains each of these.
- 3. Liven it up.** For an extra gut-healthy bonus, choose a fermented food or beverage with live cultures (marked with \* below).
- 4. Snack mindfully.** Be intentional about a time and place to thoroughly enjoy your snack. If you multitask while eating, you might not even realize you've had a snack.

### Choose 1 Carbohydrate Choice

Fresh fruit - 1 cup or size of a baseball

Chopped or canned fruit - ½ cup

Vegetables - celery, carrot, cucumber, zucchini, bell pepper sticks, broccoli, cauliflower, cherry tomatoes

Whole grain pretzels - 1 ounce

Corn or whole wheat tortilla - 6 inch

Whole grain crackers - 1 ounce

Multigrain English muffin - ½

Sprouted, whole wheat, or  
\*sourdough bread - 1 slice

Dried fruit - ¼ cup

\*Kefir - ¾ cup

\*Sauerkraut - ½ cup

\*Miso soup with ¼ cup cooked brown rice

Popcorn - 3 cups

Kale chips - 1 cup

### Choose 1 Protein-Rich or Healthy Fat Choice

Egg - 1 large

\*Plain Greek yogurt - ½ cup

Nuts and seeds - ¼ cup

Cottage cheese - ½ cup

Cheese - 1 ounce or 1 slice

Tuna, chicken, salmon, or egg salad - ¼ cup

Hummus or bean dip - ¼ cup

Peanut or almond butter - 2 tbsp

Avocado - ¼

Tofu - ¾ cup

Olives - 5 olives