

# HEALTHY SNACKING

### MADE EASY

Snacking isn't just about curbing hunger—it's an opportunity to fuel your body with the right balance of nutrients. A great snack combines Protein, Fiber, and Healthy Fats to keep you full, satisfied, and energized.

### Build a Balanced Snack

Snacks should include at least two of these components

- Hummus
- Nut butters

   (almond,
   peanut, cashew)
- Edamame
- Greek yogurt
- Cottage cheese
- Hard-boiled eggs
- Crispy chickpeas
- Tuna salad
- Refried beans

#### Protein

Keeps you full & supports muscles



#### Fiber

Aids digestion & boosts gut health



Healthy Fats
Supports brain
function & satiety

- Carrots
- Celery sticks
- Cucumbers
- Bell peppers
- Tomatoes
- Berries
- Apple slices
- Citrus fruits
- Nuts & seeds
- Avocado
- Full-fat yogurt
- Cheese
- Olive oil (drizzled or for dipping)

## **Easy Snack Combos**

#### **Hummus & Vegetables**



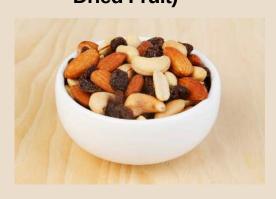
Hard-boiled Eggs & Berries



Avocado Tuna Salad & Cucumber



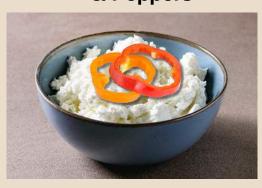
Trail Mix (Nuts & Dried Fruit)



Nut Butter & Annie



Cottage Cheese & Peppers



Crispy Spiced Chickpeas & Carrots



Greek Yogurt & Blueberries

