

Staying energized between meals is easier when you fuel up with a healthy snack that contains a good source of fiber, a lean protein, and/or a healthy fat. The right type of snack in the correct portion can prevent large fluctuations in your blood sugar and keep your hunger from getting out of hand before your next meal. Check out these perfectly portioned snack combinations below:

1. 6-8 oz. of Greek yogurt and 1 small banana
2. 1 cup (large handful) of fresh veggies and 1 oz. of hummus
3. 6-12 whole wheat crackers and 1 piece of string cheese
4. 1 oz. nuts and ¼ cup raisins
5. 5-10 small celery sticks with 1-2 Tbsp. natural nut butter
6. 3 cups of air-popped popcorn and 1 oz. low-fat cheddar cheese
7. A hard-boiled egg and ½ whole wheat English muffin
8. ½ cup cottage cheese and ½ cup canned fruit (packed in water or its own juice)
9. 1 low-sugar granola bar with a fresh orange
10. 1 cup of fresh peppers with ¼ cup black bean dip
11. Savory (cheddar cheese, white cheddar, etc.) rice cake topped with ¼ of fresh avocado
12. 8-12 oz. green smoothie made with Greek yogurt
13. 2 Tbsp. whipped light cream cheese wrapped in 2 slices of extra lean turkey
14. 2-4 tomato slices with 1 oz. fresh mozzarella (top with a dash of salt, pepper and balsamic vinegar)
15. 1 beef jerky and 1 cup carrot sticks
16. ½ cup salsa and a small handful of baked tortilla chips
17. ½ whole wheat pita stuffed with 1 oz. roast beef
18. 1 cup 1% milk mixed with 1 Tbsp. chocolate syrup and 1 cup of fresh berries
19. 1 graham cracker topped with 1 Tbsp. natural nut butter and ½ cup sliced strawberries
20. 1 cup veggie soup (broth based) and 3 whole grain crackers

