

Building a Balanced Snack

Having a balanced snack (carbohydrate paired with a protein) will help to give you an energy boost while keeping you satisfied for 2-3 hours. The purpose of a snack is to get you to your next meal in control, so you can choose a balanced meal providing your body with the energy and nutrients it needs.

Evening snacking is often the result of unbalanced eating throughout the day, which increases the likelihood of choosing high-fat, high-sugar, high-calorie foods for satisfaction.

A good rule of thumb is to keep your snacks averaging 100-150 calories for most women or 150-250 calories for most men and aim for a maximum of 2-3 per day. Have them earlier in the day to help curb evening snacking.

Tips for balanced snacking:

- Keep your snacks small and balanced
 - pair a protein with a fruit and/or vegetable
 - save grains for meal times
- Remember, a snack is not a meal
- Don't wait until your starving to eat your snack.
- Choosing the number of snacks depends on your schedule and eating habits

Some easy grab and go snacks include:

- Hummus and snap peas
- Apple and mixed nuts
- Mini cucumber and roasted black beans
- Orange and individually wrapped cheese



Tip

For some easy snack ideas specific to your needs, please select the “Create a meal plan for me” option in the “My Nutrition” option under “My Account”.