

Healthy Snacks

A healthy snack consists of a whole healthy carbohydrate and a lean protein. Combining a carbohydrate and a protein will reduce the amount of carbohydrates you eat, increase your awareness of what you are putting in your mouth and offer a longer source of energy (instead of the quick spike and then drop in blood sugar, that ensues after eating carbohydrates by themselves). During meals most people combine carbohydrates with protein or fat servings. Rarely will a person sit down at a meal and eat a bowl of pasta (carbohydrate) without adding oil (fat) or marinara sauce with meat (protein and fat).

Snack time is when we are more inclined to eat carbohydrates by themselves. For your busy lifestyle, choosing snacks and meals that are quick and nutritious is essential to your success at remembering to pack them and eat them on time.

This list offers examples of several quick and nutritious snacks you can try. Choose one item from each column and combine them for a healthy snack. You should have at least two snacks a day; one mid-morning and one mid-afternoon. Keep it simple; this shouldn't take you more than a few minutes to plan.

If you plan to have an apple with yogurt for your mid-morning snack and a pear with almonds for your mid-afternoon snack, your grocery list will look like this:

Grocery List for Snacks: 7 apples, 7 pears, 1 bag raw organic almonds (small Ziploc bags to pre pack into 10 almond servings), 7 yogurts

Carbohydrate List

- 1 piece fruit
- 1 cup cooked vegetables
- ½ cup salsa
- 2 rice cakes
- 5-6 organic whole wheat crackers
- ½ cup raw vegetables
- ½ cup Brown rice, quinoa, amaranth
- ¼ cup high fiber organic cereal
- 1 whole wheat piece of bread/ toast
- ½ whole wheat pita
- ¼ cup hot organic whole grain cereal

Protein List

- 1 serving nuts = 10 almonds, 9 pecans
3 walnuts, or 1 macadamia
- ½ cup cooked, drained, rinsed legumes
- 2 oz tofu
- 1 oz cheese (harder cheese has less fat than soft)
yogurt (Cascade Fresh is my top choice!), dairy or soy
- 2 tsp nut butter
- 2 T hummus
- 8 oz milk or soy milk, nonfat or light
- 2-3 oz meat or fish

Here is a list of 'Smart Snacks' and 'Small Meals'

Smart Snacks

- Hummus with raw chopped vegetables
- Low-fat organic cottage cheese with sliced pear, plum, cherries, or ¼ cup fresh berries.
- 1 piece of fruit with nut butter (cashew and almond butter are delicious alternatives to peanut butter).
- Apple or pear slices with organic cheese slice.
- Low-fat organic yogurt with ¼ cup fresh berries or fruit.
- Nuts or seeds, 9 almonds, 12 peanuts, 3 walnuts or 1 macadamia nut, (roasting them with tamari is delicious) and a piece of fruit.
- 2 rice cakes and 1 T nut butter.

Small Meals

- Bowl of steaming brown rice topped with tahini sauce, fresh squeezed lemon juice, cubed tofu and sautéed vegetables such as carrots, snap peas, mung bean sprouts, onions, garlic and red pepper.
- Cup/bowl of bean soup: e.g., split pea, black bean, chili, lentil, or navy bean, with a side of vegetables.
- Omelet stuffed with vegetables.
- Baked sweet potato topped with plain yogurt, homemade salsa & broccoli.
- Whole-grain cereal (hot or dry) topped with nuts and/or seeds, milk and fresh berries.
- Brown rice and black bean lettuce wrap with avocado, homemade salsa and spinach.
- Miso soup with cubes of tofu & chopped vegetables: bok choy, kale, carrots, watercress, collards, seaweed, and diced potatoes.
- Fresh garden salad with plenty of vegetables, roasted pumpkin seeds and tahini or olive oil based dressing. Add some seasoned tofu cubes for more protein.
- Stir-fry of various chopped vegetables such as kale, chard, mushrooms, peas, bell peppers, zucchini and squash with tofu, chicken, shrimp, scallops, or beef and served over steaming brown rice, quinoa, barley, or wheat berries.

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