Snacks can help to sustain you between meals by providing energy and nutrients. When choosing a snack, consider incorporating a mix of macronutrients by having a protein or dairy source with a grain, fruit, or vegetable to help satisfy and sustain you.

**G R A I N S**
- Chips: baked (e.g., tortilla, potato) and whole grain (e.g. Sun Chips)
- Cereal with <12 grams sugar, <3 grams of fat, >2 grams of fiber (e.g., Cheerios, Wheat Chex, Kashi GoLean)
- Crackers (e.g., Saltines, Wheat Thins, Triscuits)
- Granola or granola bar
- Pita bread or chips, whole grain
- Popcorn with no or light butter
- Pretzels, rice cakes

**F R U I T S**
- Dried with 50% less sugar: cranberries, bananas, raisins
- Fresh or canned in water or 100% juice
- Frozen: strawberry, orange or apple juice bars
- Juice (100%): apple, orange, pineapple, pear
- Smoothie
- Juice: V-8, tomato, green
- Raw
  - Sticks: celery, carrot, bell pepper
  - Slices: tomato, cucumber, zucchini
  - Pieces: broccoli, cauliflower
- Steamed
- Milk alternatives: soy with added protein, almond, coconut, oat, and rice (v, ve)
- Yogurt: Greek, fermented (Kefir), or frozen (v)

**D A I R Y**
- Cheese: cubes, slices, string (v)
- Cottage cheese: non-fat or low-fat (v)
- Milk: skim, 1%, or low-fat plain or chocolate (v)
- Edamame (v, ve)
- Hard-boiled egg (v)
- Hummus (v, ve)
- Nut butter: peanut, almond, cashew (v, ve)
- Nuts: pistachios, pecans, walnuts (v, ve)
- Protein shakes, bars and powder (v)
- Seeds: chia, flax, sunflower (v, ve)
- Tempeh strips (v, ve)
- Turkey or chicken breast slices
- Water packed tuna or salmon

**P R O T E I N**
- Banana slices topped with vanilla yogurt and nuts (v)
- Beef jerky and fruit
- Crackers with nut butter or cheese slices (v)
- Greek yogurt or cottage cheese and fruit (v)
- Greek yogurt with fresh berries and nuts or seeds (v)
- Guacamole with pita chips or veggies (v, ve)
- Hard-boiled egg and fruit (v)
- Hummus with whole grain pita chips or vegetables (v, ve)
- Nut butter with apple slices, vegetables or grains (e.g. crackers, wheat bread, rice cake) (v, ve)
- Peanut butter and banana smoothie with vanilla yogurt (v)
- Popcorn with nuts or string cheese (v)
- Protein bar or shake and fruit (v)
- Protein balls made with nuts, oats, shredded coconut, and protein powder (v)
- Smoothie with milk alternative, protein powder or nut butter, and frozen berries (v)
- Sushi with seafood, veggies and avocado
- Trail mix with nuts and dried fruit (v, ve)
- Tuna or chicken salad with whole grain crackers
- Vegetables dipped in ranch flavored plain Greek yogurt (v)
- Whole grain toast with avocado or nut butter (v, ve)
- Whole grain waffle topped with yogurt and berries (v)

v = vegetarian | ve = vegan