

# Healthy Snack Options

Use the table as a guide to help put together a healthy snack. Select one food from each macronutrient column provided to complete your snack.

*Important: You can decide not to choose one of the column choices. However, you do not want to choose more than one option per column for each snack you put together.*

(Select one food from each column to complete your snack)		
High Fiber Carbohydrates	Lean Protein	Healthy Fat
½ - 1 cup sliced fruit or berries	½ cup 2% plain Greek yogurt	1 tablespoon of nuts
½ - 1 cup chopped fruit	½ cup plain cottage cheese	1 tablespoon of slivered almonds
1 ounce of whole grain crackers	1-2 ounces of tuna	½ tablespoon of mayo
½ whole grain pita	1 sliced hard-boiled egg	1 tablespoon of mashed avocado
1 ounce of whole grain crackers	2 ounces of low sodium deli meat	½ ounce of light, low sodium cheese
4 ounces carrot, celery and or red pepper slices	1 hard-boiled egg	2 tablespoons of hummus