

Follow the Path to Filling Snacks!



FOLLOW THE PATH TO FILLING SNACKS!

Going long hours without eating leaves you hungry and more vulnerable to overeating and consuming high calorie foods at a meal times. If meals are spaced more than 5 hours apart, plan for a healthy snack in between.

1. Eat at regular intervals

- » This keeps blood sugars level and reduces cravings



2. Combine PROTEIN + FIBER at all meals and snacks

- » **Fiber**
 - Takes longer to chew, which slows down your eating
 - Expands in your stomach, making you feel full sooner and longer
- » **Protein**
 - Keeps your stomach full for a longer amount of time
 - Helps maintain muscle while losing weight

Use this equation to determine if your snack is a filling snack!

Grams of protein + grams of fiber > grams of sugar

Nutrition Facts	
Serving Size 1 bar	
Servings Per Container 5	
Amount Per Serving	
Calories 190	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	18%
Polyunsaturated Fat 2g	18%
Monounsaturated Fat 6g	18%
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 14mg	5%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 10g	15%
Vitamin C 2%	Calcium 8%
Iron 30%	
Not a significant source of trans fat, cholesterol, sugars and vitamin A	
*Percent Daily Values are based on a 2,000 calorie diet.	

Grams fiber (5) + Grams protein (10) = 15

This number should be more than the total grams of sugar.

Total Grams of sugar = 6g

15g > 6g, so this is a good product!

COMBINE PROTEIN AND FIBER FOR A SATISFYING SNACK!

Protein Examples:

- » Nonfat Greek yogurt
- » 1 oz. nuts
- » 1-2 Tbsp. peanut butter
- » Hard-boiled egg
- » Nonfat cottage cheese
- » Low fat/reduced fat cheese
- » 2 Tbsp. hummus
- » ½ cup beans
- » Protein shake OR bar

Fiber Examples:

- » 1 medium piece fruit (apple, banana, clementine, plum, or berries)
- » ½ cup fruit
- » ½ cup fiber cereal (hot or cold)
- » 1 cup raw or cooked vegetables (celery, carrots, tomatoes, or bell peppers)
- » High fiber wrap/tortilla (<100 calories)
- » Nuts, seeds, or beans



Snack Ideas:

- » 1 cup raw carrots and celery with 2 Tbsp. hummus
- » ½ cup peaches with ½ cup non-fat cottage cheese
- » 1 medium-sized apple with a low-fat cheese stick
- » 1 hard boiled egg with a slice of whole wheat toast
- » ½ cup edamame beans
- » 6 oz. plain Greek yogurt with 2 Tbsp. dried cranberries
- » 1 cup of chicken and brown rice soup
- » ¾ cup Kashi cereal with ½ cup skim milk
- » 1 protein bar with one piece of fruit
- » 1 oz. Triscuit crackers with 1 oz. low-fat cheddar cheese
- » Homemade protein shake with yogurt, milk, fruit, and ice
- » 1 cup cooked oatmeal with 2 Tbsp. walnuts