

Healthy Snacks

Smart snacking can aid you in weight management by helping to boost your metabolism, keeping you energized throughout the day, providing additional vitamins and minerals, and reducing overeating at meals.



Combine



Fiber-rich
Carbohydrate



Lean Protein

Packaged snacks:

Look out for:

Sodium	< 200 mg
Sugar	< 10 g
Saturated Fat	≤ 2.5 g

Aim for :

- 15-20 gm carbohydrates
- ≥ 7 gm protein
- ≥ 2 grams fiber