

HEALTHY SNACKING GUIDELINES

- ✓ A snack is meant to bridge the gap between meals.
- ✓ Snacks keep us from overeating at our next meal.
- ✓ Snacks containing the right amount of fiber and protein keep you fuller longer.

Strategic Snacking

- Eating a snack between meals ensures we don't arrive to our next meal ravenous, therefore causing us to overeat.
- We want to aim for snacks that keep us fuller, longer.

A proper snack should meet the following guidelines:

- **Contain 5 or more grams of protein, and/ or fiber**
- **Be 250 calories or less**

Always look at your snack's nutrition labels. Add up protein + fiber.
Does the snack meet the Healthy Snacking Guidelines?

Nutrition Facts	
11 servings per container	
Serving size	1/2 cup (37g)
Amount per Serving	
Calories	140
	% Daily Value*
Total Fat 4g	5 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 130mg	6 %
Total Carbohydrate 26g	9 %
Dietary Fiber 2g	7 %
Total Sugars 10g	
Includes 0 Added Sugars	0 %
Protein 3g	



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