



BUILDING A HEALTHY SNACK

Healthy and balanced nutrition supports overall well-being. Healthy snacks are an important part of a balanced diet, providing essential nutrients and promoting sustained energy throughout the day. When meal planning, it is important to take time to plan the snacks you'll need to keep you sustained during the day to avoid feeling fatigued or hungry.

When choosing a healthy snack, it is important to choose a few items that are as nutritious as they are delicious. The healthy snack equation pictured below is an easy way to build a snack that satisfies. Please note: This is general information on building a healthy snack. If you have questions regarding specific, individual needs please be sure to talk to your healthcare team.

Begin by choosing a complex carbohydrate, fruit or vegetable. Then, choose a source of healthy fat or lean protein to pair with it. You can choose more than one item from each food group.

Examples of foods in each category:

• **Complex carbs:**

- Whole grain crackers
- Whole wheat bread
- Whole wheat tortillas or wraps
- Whole grain tortilla chips
- Popcorn
- Oats
- Whole wheat English muffin

• **Healthy fats:**

- Nuts (walnuts, almonds, pistachios, cashews, etc.)
- Seeds (pumpkin, sunflower, flaxseed)
- Avocado
- Nut butters
- Hummus
- Olives

• **Lean proteins:**

- Greek yogurt
- Low-fat or fat-free cheese
- Lean turkey
- Chicken
- Eggs
- Cottage cheese
- Chickpeas, lentils, and beans
- Canned tuna or salmon
- Edamame (soybeans)

• **Snack pairing examples:**

- Sliced veggies + hummus
- Whole grain tortilla chips + guacamole
- Apple + peanut butter
- Cherry tomatoes + mozzarella cheese
- Whole grain crackers + sliced turkey + low-fat cheese cubes
- Whole grain pita + Tzatziki
- Popcorn + 2 hard-boiled eggs
- Trail mix made with almonds, dried cherries, pistachios, and dark chocolate
- Cottage cheese + peaches
- Whole grain bread + smashed avocado
- Peanut butter banana smoothie
- Greek yogurt + fresh berries
- Cucumber + feta + olives
- Sunflower or pumpkin seeds + raisins
- Whole wheat wrap with veggies and grilled chicken
- Roasted chickpeas + Medjool dates
- Black bean salad with corn and bell peppers
- Cherry tomatoes + shelled edamame + parmesan cheese
- Tuna salad with tomatoes, celery, and mayo



Asset Health is not a formal health care provider as Asset Health does not engage in the diagnosis and treatment of health conditions. Therefore, this advice is not meant to replace the advice of your primary care physician. Your primary care physician is your most trusted health advisor. This information has been reviewed by the Asset Health Medical Advisory Board. Your Health Is Your Most Valuable Asset!®