

HEALTHY SNACKING

BALANCE

Snacks throughout the day should contain a combination of carbohydrates, protein, and fat. Including these types of foods together will create a snack that is satisfying and keeps you feeling full for a while.

CARBOHYDRATE

Carbohydrates are the preferred source of energy for the active body and the brain. Providing your body with a snack that contains carbohydrates will give you the energy that you're craving. Fiber is a type of carbohydrate that slows down digestion and, therefore, creates a more sustained energy.

PROTEIN

Protein takes more time and effort to digest than carbohydrates. Protein will also slow digestion and help create a longer sustaining energy in combination with carbohydrates.

FAT

Healthy fats are an essential part of the diet. Your body tends to burn fat at rest. Fat is also a macronutrient that takes longer to digest and helps you feel full longer.

SNACK EXAMPLES:

- Rice cakes and almond butter
- Jerky and fruit
- Hard-boiled egg with english muffin
- PB&J with whole wheat bread
- Veggie and guacamole, peanut butter, or hummus
- Almonds and fruit

