



HEALTHY SNACK LIST



1 Unit of Protein/Healthy Fat

And

1 Unit of Carbohydrates

1 container low-fat, sugar-free yogurt	→	½ cup sliced strawberries/other berries
1 Tablespoon nut butter	→	1 sliced apple
1 low-fat cheese stick or 1 ounce low-fat cheese	→	1 piece of small fruit
¼ cup hummus	→	Sliced raw veggies
½ cup low-fat cottage cheese	→	½ cup fresh or canned fruit in juice
2 Tablespoons guacamole	→	Sliced raw veggies
¼ cup of unsalted nuts or seeds	→	¼ Cup dried fruit
Hard-boiled egg	→	Sliced veggies/fruit

More great ideas from Brook Health: (<https://www.brook.health/balanced-snacks/>)

- Turkey breast and avocado on a slice of 100% whole grain toast
- Homemade trail mix -- nuts, seeds, a small amount of dried fruit, a dash of dark chocolate chips, and a sprinkle of unsweetened coconut flakes
- Crackers with hummus and cucumber slices
- Half of a peanut butter and banana sandwich on 100% whole-grain bread
- 100% Whole grain toast topped with spinach and a poached egg (or hardboiled)

ADAPTED FROM THE DIABETES PREVENTION PROGRAM (DPP) RESEARCH GROUP. THE DIABETES PREVENTION PROGRAM (DPP): DESCRIPTION OF LIFESTYLE INTERVENTION. 2002. DIAB CARE 25:2165- 2171.
[HTTP://DX.DOI.ORG/10.2337/DIACARE.25.12.2165D511](http://dx.doi.org/10.2337/diacare.25.12.2165D511).