

## **SNACK IDEAS**

### **Snacks with protein:**

Whole grain crackers (Ak Mok, Grains First) + Laughing Cow low fat cheese

Cantaloupe with low fat cottage cheese

Genisoy Heart Smart baked soy crackers + tuna fish

Apple with low fat or fat free Cabot Cheddar cheese

High fiber cereal (2 grams or more) with fat free milk

Low fat or fat free Yogurt (Try Greek yogurts for more protein and less carbs.)

Low fat Yogurt with fruit like strawberries or blueberries

Hardboiled egg and whole wheat toast (limit yolks to 3/week)

Snack size can of beans

Nuts or soy nuts (if tolerated) in small portions due to higher calorie content

Graham crackers with natural peanut butter, Sunbutter or soy butter

Soy Crisps

Edamame

Raisin toast with low fat ricotta cheese

Whole wheat pita with turkey

Berries with low fat string or sliced cheese (Slender)

Baked pita chips with Hummus

Protein Bars (<3 grams fat, >2 grams fiber >7 grams protein)

### **Other acceptable snacks:**

Healthy cereal (<6 grams sugar) like Cheerios or Kix

Pretzels

Fruit/vegetables (does not stay in stomach as long due to having little to no protein.)