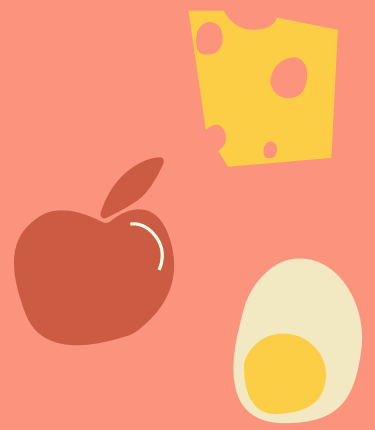


# STRATEGIC SNACKING

## SNACKS CAN HELP:

- manage hunger between meals
- add variety to your diet
- provide necessary fuel



## DON'T SKIP MEALS

this can negatively impact the quantity and quality of your food choices later



## HONOR HUNGER

learn to recognize the signs of physical hunger and trust your body's inner wisdom



## BE PREPARED

keep nutrient-dense snacks available for whenever you may need them



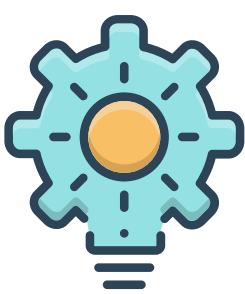
## STAY MINDFUL

portion out snacks and enjoy them with minimal distraction



## BE PROACTIVE

sometimes, eating a snack before you are hungry is appropriate



## FOCUS ON FIBER & PROTEIN

these are the nutrients that will help you feel full and energized



# SNACK IDEAS

banana or apple + nut butter

Greek yogurt + fruit and/or nuts

cottage cheese + fruit or tomatoes

homemade trail mix  
(Cheerios or popcorn + nuts + dried fruit)

hummus + raw vegetables

cheese + whole grain crackers

homemade smoothie

hard-boiled egg or string cheese + fruit

whole grain tortilla + tuna pouch

whole grain avocado toast

Bar (Kind, Luna, Rx, or Larabar)

my snack ideas

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