

# Snack List

*Having balanced snacks between meals can help prevent overeating. Keep these healthy options on hand to prevent unnecessary trips to the vending machine.*

*Your waist and wallet will thank you!*

*\*Aim to make at least 1 snack per day fruit or vegetable based.*

## **Crackers & Cheese**

- 6 whole wheat crackers
- 1 slice cheese

## **Fruit & Cheese**

- 1 small apple
- 1 light string cheese

## **Crackers & Peanut Butter**

- 3 graham cracker squares
- 2 T natural peanut butter

## **Fruit & Peanut Butter**

- ½ banana
- 2 T natural peanut butter

## **Trail Mix**

- ¼ cup raw nuts
- 2 Tbsp dried fruit

## **Cottage Cheese & Fruit**

- ¼ c low-fat cottage cheese
- ½ cup chopped fruit

## **Veggies & Hummus**

- 1/3 cup hummus
- cucumbers, bell peppers, carrots, snap peas, celery

## **Half-Sandwich**

- 1 piece whole wheat bread
- 1 ounce turkey or tuna
- mustard, lettuce, tomato

## **Half-Sandwich: Egg Salad**

- 1 piece whole wheat bread
- 1 hardboiled egg
- mustard, pepper, pickle

## **Mini Pizza**

- ½ whole wheat English muffin
- 2 Tbsp tomato sauce
- 1 slice part-skim mozzarella

## **Quesadilla**

- 1 six inch corn tortilla
- 1/4 cup grated cheese, light
- Salsa

**6 ounces Greek Yogurt** (counts as protein + carbohydrate)

## **Nutrition Bars**

- Kashi TLC Granola Bar
- Nature Valley Protein Bars
- Special K Nourish Nutrition

# 5 TIPS FOR WEIGHT MANAGEMENT



## 1. Meal Timing

Eat within 1 hour of waking up in the morning. Don't let more than 5 hours go by without eating throughout the day.



## 2. Protein

Eat protein at every meal and snack. Meals should be 2-3 servings, snacks 1 serving. \*3 oz. of meat is the size of a deck of cards.

*Serving Sizes of Protein Foods:*

- 1 oz. meat
- 1 egg
- 2 egg whites
- 1 slice cheese or 1 string cheese
- 1/4 cup low-fat cottage cheese
- 2 Tbsp. Peanut Butter
- 1/4 cup nuts
- 1/2 cup cooked beans



## 3. Fiber

Fiber helps you feel full faster and keeps you full longer which can help decrease overeating throughout the day. Fiber is also helpful to controlling blood sugar and great for your heart! Fiber can be found in whole grains, beans, fruits, and vegetables.

- Make at least half your grains whole
- Eat 2-3 servings of fruit per day
- Eat 3 or more servings of **non-starchy** vegetables per day  
\*Starchy Vegetables are corn, peas, and potatoes.
- Include beans at meals 3 times per week; try adding to soups, chilly, salads, tacos, etc.

#### 4. Avoid Sugary Drinks and Artificial Sweeteners

Sugary drinks are full of excess, empty Calories and can lead to weight gain, poor blood sugar control, and can even contribute to causing Diabetes. Sugary drinks include soda, Gatorade, PowerAde, energy drinks, fruit juice, fruit punch, Kool aid, etc.



Artificial sweeteners and diet drinks are full of chemicals which can cause more cravings and lead to overeating. Artificial sweeteners are found in diet drinks and include Splenda, sucralose, equal, aspartame, etc.

Stick with water for best results. If looking for something flavored or carbonated try Stevia, Crystal Light PURE, Cascade Ice (clear flavors only), or Talking Rain.

*Keep a water bottle at your desk and refill it throughout the day!*



#### 5. Exercise

Aim for at least 30 minutes of activity most days of the week. This can be broken into three 10 minute increments or two 15 minute increments if needed.

*Make your breaks active, grab a co-worker and go for a walk!*