



# Nourish Through Nutrition

## Anatomy of a Snack



Snacks can be a great way to fuel your day with extra nutrients and bridge the gaps between meals. When looking for a satisfying snack, be sure to include a carbohydrate, protein, healthy fat, and fiber. Create appropriate portion sizes for your hunger level, remember, snacks shouldn't replace a meal.

### Choosing Wholesome Carbs

Carbohydrates are our body and brain's main source of fuel, maintains fullness, and helps with digestion. For the greatest nutritional impact look for whole grain or whole food options when choosing your carbs.

#### Pro Tip

Look for labels like 100 Percent Whole Grain, Sprouted, or Whole Grain to ensure most of the food comes from whole grains. Labels like multigrain, stone-ground, and made with whole grains may only have a small number of whole grains in the product.

### Picking Powerful Proteins

Protein is essential for muscle repair and growth, hormone regulation and various other body processes. Eat a variety of lean or plant-based proteins to ensure you are getting all the amino acids (the building blocks for protein) your body needs. Some of our favorites include roasted chickpeas, cottage cheese, nuts, hummus, trail mix, edamame, nut butters and Greek yogurt.

### Finding Healthy Fats

Fat is important for brain health, nutrient absorption, and can help you stay full longer. Most healthy fats are plant based; however, this doesn't mean animal products with fat are bad, just limit the amount you eat daily.

### Fill Up with Fiber

Fiber is essential in supporting heart health, lowering cholesterol, staying full longer and it helps keep you regular! Check out [Dietary Guidelines for Americans](#) to learn what foods will give you the most fiber throughout your day.

Review the snack list on the following page and incorporate two into your week!

## Wholesome Snack Ideas

- › Vegetables  
Carrots, celery, zucchini, cucumbers, bell pepper, broccoli, cauliflower, cherry/grape tomatoes with hummus/tzatziki sauce or cottage cheese dips
- › Apples slices and nut butter
- › Whole grain toast/crackers with nut butter, avocado, guacamole, tuna, or chicken salad
- › Smoothie with low-sugar granola
- › Unsweetened dried fruits with nuts and cheese
- › Yogurt with fresh fruit and low-sugar granola
- › Hardboiled eggs
- › [Chia pudding](#)
- › Cottage cheese and whole fruit
- › [Overnight Oats](#)
- › Roasted chickpeas
- › Air-popped popcorn