

Hunger Busting Snacks

Combine protein and fibre to make a hunger busting snack combo!

Fibre Foods

- 1 medium fresh fruit (peach/orange/apple/pear)
- ½ banana
- 2 cups raspberries/blackberries/strawberries
- 1 cup blueberries
- 15 grapes or cherries
- ½ cup unsweetened applesauce
- ¼ cup dried fruit
- 1 slice whole grain bread
- 1-6 inch whole grain tortilla
- ½ cup bran cereal
- Whole grain crackers – 3 Ryvitas or 5 Triscuits
- 2 cups popcorn

Include a variety of vegetables with any snack!

Protein Foods

- 1 Light Babybel cheese
- 2 wedges Light Laughing Cow cheese
- 1 low-fat cheese string
- 1 hardboiled egg
- ½ cup low fat cottage cheese
- ½ cup (or mini container) plain Greek yogurt
- 1 cup (250 ml) skim or 1% milk or soy milk
- Nuts (6-10) or 1 tablespoon nut butter
- 1-2 tablespoons hummus
- ½ cup black bean salsa
- ¼ cup roasted chickpeas
- ¼ cup edamame (green soybeans)
- ¼ cup canned tuna or salmon

Possible Combos:



Tuna and cucumber on crackers



Cottage cheese and peppers on crackers



Yogurt and berries



Cheese and berries



Ants on a log



Tuna salad pinwheels



Sliced pears with blueberries, cottage cheese and cinnamon



Hardboiled egg on crackers



Egg and tomato on English muffin



Veggie, pita and hummus



Veggie and hummus Wrap



Crunchy popcorn & nut mix



Carrot and edamame salad with cinnamon



Spinach and Baby Bell on English muffin