# 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

Sliced pears with blueberries, cottage



Hardboiled egg on crackers



Ants on a log



Tuna salad pinwheels



cheese and cinnamon



berries

Cheese and



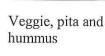
English muffin



Carrot and edamame salad with cinnamon



Spinach and Baby Bell on English muffin





Veggie and hummus Wrap



Yogurt and

berries

Crunchy popcorn & nut mix