

## Tips for Building a Better Snack

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Snacks are a great way to provide energy between major meals as well as promote healthful eating. When it comes to choosing a snack, it is important to keep in mind that all foods were not created equal. Carbohydrates, fats, and proteins are the three main food groups. Carbohydrates are considered “quick-energy” foods that are readily used by the body. Proteins and fats are considered “long-lasting energy” foods because it takes the body longer to metabolize and break them down.

Combining a quick-energy food with a long-lasting energy food makes for an **ultimate snack** that will satisfy hunger right away as well as in the long run.

### What Snack Will I Create?

Three leading health organizations recommend that children have a fruit or vegetable at every snack. They also suggest that all grains should be whole grains with no artificial flavors.

Use the table on the next page to pair items from column one with items from column two to create an energizing snack that is healthy and will satisfy hunger pains!

<b>Protein &amp; Dietary Fats = “long-lasting” energy</b>	<b>Carbohydrates = “quick” energy</b>
<ol style="list-style-type: none"> <li>1. <b>Nut Butter</b> (Almond, Peanut, Sunflower, Cashew)</li> <li>2. <b>Nuts</b> (Almonds, Cashews, Pistacchios, Walnuts, Pecans, Macademia)</li> <li>3. <b>Cheese</b> (Slices, String Cheese)</li> <li>4. <b>Cottage Cheese</b></li> <li>5. <b>Yogurt</b></li> <li>6. <b>Milk</b></li> <li>7. <b>Lean Turkey</b></li> <li>8. <b>Grilled Chicken</b></li> <li>9. <b>Eggs</b> (Hard-Boiled, Scrambled, Fried)</li> <li>10. <b>Seeds</b> (Pumpkin, Sunflower, Chia)</li> <li>11. <b>Beans</b> (Black, Garbanzo, Navy, Pinto)</li> <li>12. <b>Hummus</b></li> <li>13. <b>Dressing</b> (Ranch, Buttermilk, Thousand Island)</li> <li>14. <b>Guacamole/Avocado</b></li> <li>15. <b>Mayonnaise</b></li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Fresh Veggies</b> (Celery, Carrots, Cucumber, Tomato, Snap Peas, Peppers)</li> <li>2. <b>Fruit</b> (Apples, Banana, Oranges, Grapes, Strawberries, Blueberries, Cherries)</li> <li>3. <b>Whole Grain Toast</b></li> <li>4. <b>Whole Grain Tortilla</b></li> <li>5. <b>Popcorn</b></li> <li>6. <b>Pretzels</b></li> <li>7. <b>Veggie Chips</b></li> <li>8. <b>Crackers</b></li> <li>9. <b>Dried Fruit</b> (Raisins, Cranberries, Mangos, Pineapple)</li> <li>10. <b>Chocolate</b></li> <li>11. <b>Oatmeal</b></li> <li>12. <b>Quinoa/Rice</b></li> <li>13. <b>Granola</b></li> <li>14. <b>Sweet Potato/White Potato</b></li> </ol>

## Sample Ideas:

1. Top yogurt/cottage cheese with mixed berries
2. Spread nut butter on a banana, apple, or celery sticks & top with raisins or nuts
3. Dip fresh veggies in ranch, guacamole, or hummus
4. Create a trail mix combining nuts, seeds, dried fruit, chocolate, & popcorn
5. Bake a potato and top it with melted cheese
6. Make a quesadilla with cheese, black beans and a whole grain tortilla
7. Create a skewer with cheese cubes, & grapes, pineapple, or strawberries
8. Toast a slice of whole grain bread and top it with a fried egg & fresh avocado
9. Combine milk & frozen berries to create a smoothie
10. Make a wrap by rolling grilled chicken, cucumber, & mayo in a whole grain tortilla

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