

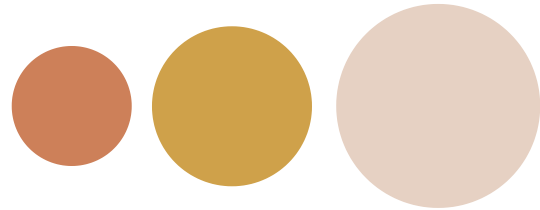
How to Build Satisfying Snacks

1

SET UP FOR SATISFACTION: WHAT SOUNDS GOOD?

AMOUNT

How hungry am I? How long do I want this snack to hold me? When will food be available again? Do I want something less filling or more filling?

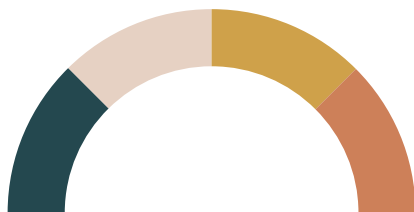


FLAVOR

Is there a taste that would make me most satisfied? Do I want something salty, spicy, sweet, sour, savory, fruity, or tangy? How about a combination?

TEXTURE

Is there a taste that would make me most satisfied? Do I want something crunchy, crispy, chewy, smooth, fluffy, or flaky? How about a combination?



TEMPERATURE

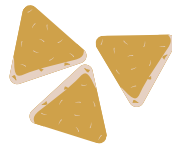
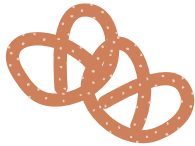
Will the temperature of my snack impact my satisfaction? Do I want something cold and refreshing or warm and comforting?

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2

PICK A CARBOHYDRATE SOURCE

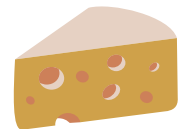
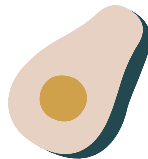
Carbohydrates are the foundation of a great snack because they're your body's preferred source of energy.



3

ADD A PROTEIN AND/OR A FAT SOURCE

In addition to their many important roles, protein and fat help slow the breakdown of food into energy, which keeps you satisfied for longer.



4

(OPTIONAL) TOP IT OFF

Prevent snack burnout by mixing up your toppings, seasonings, dips, and spreads.



How to Build Satisfying Snacks

COMPLETE SNACK IDEAS TO GET YOU STARTED

- Fresh or dried fruit/vegetable with
 - cheese
 - nuts
 - or nut butter
- Slice of toast with
 - hummus and cucumber
 - nut butter and seeds
 - baba ghanoush
 - or tzatziki and avocado
- Yogurt with
 - berries (fresh, frozen, or dried)
 - mixed seeds
 - or granola
- Egg (prepared any way) with
 - vegetable sticks and your favorite dip
 - or avocado and tortilla chips
- Crackers or chips with
 - edamame
 - caprese skewer (tomatoes, mozzarella, fresh basil)
 - cooked lentils and bruschetta
 - hummus
 - smoked salmon
 - or guacamole
- Cottage cheese with
 - fruit (fresh or canned)
 - or tomato, salt, and pepper
- Popcorn (seasoned any way) with
 - jerky
 - edamame
 - or nuts
- Milk (dairy, soy, or pea) or chocolate milk with
 - plantain chips
 - vegetable samosa
 - fruit
 - crackers
- Chia pudding
 - fruit and cocoa powder
 - mixed seeds
 - shredded coconut
- Greek or Icelandic yogurt with
 - fruit and cinnamon
 - chocolate chips and coconut
- Vegetable sticks and cream cheese, sprinkled with favorite seasoning
- Root vegetable chips with hummus
- Gyoza and vegetable sticks
- Tostada with smashed beans, cheese, and salsa
- Rice and beans
- Summer rolls with peanut sauce
- Muffin with nuts
- Plantain chips with cheese
- Sweet potato with Greek yogurt