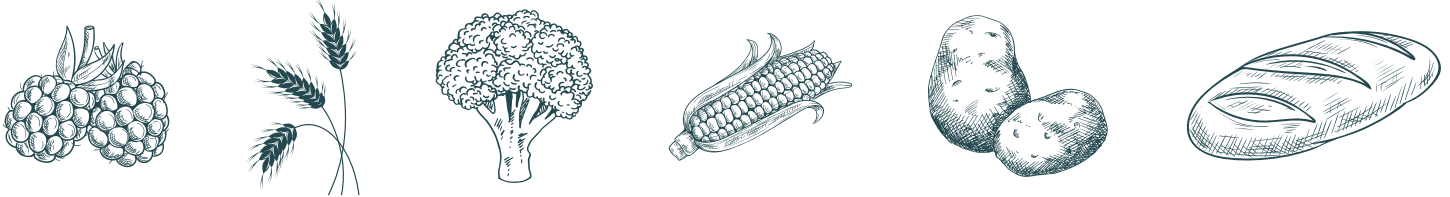


How to Build a Satisfying Snack

STEP 1: PICK A CARBOHYDRATE SOURCE

Carbohydrates are the foundation of a great snack because they are your body's preferred source of energy. Aim to include a carb source at every meal and snack. See Page 2 for ideas!



STEP 2: ADD A PROTEIN AND/OR FAT SOURCE

Protein and fat have many jobs in the body in addition to providing energy, which is why we need to eat them regularly. Plus, when eaten with carbohydrates, they help slow the rate at which your body breaks down food for energy, which keeps you satisfied for longer. See page 3 for ideas!



STEP 3 (OPTIONAL): TOP IT OFF

Seasoning, dips, spreads, and toppings help keep your snacks interesting. Have a favorite snack? Try mixing it up with a different topping to avoid snack-time burnout. See page 4 for ideas!



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Carbohydrate Sources

Most foods are made of a mix of carbohydrate, protein, and fat. This list generalizes common foods by their main nutrient. Notice that some foods may be a good source of more than one nutrient, like beans! When making a meal with one of these foods, only count it toward one nutrient category. For example, if you're using beans as a protein source, add another carb source, such as rice.

- Barley
- Bagel
- Beans
- Biscuit
- Bran
- Bread
- Cereal
- Chapati
- Chickpeas
- Chocolate
- Corn
- Cornbread
- Couscous
- Cracked wheat
- Crackers
- Creamed wheat
- Dosa
- Dried Fruit
- English muffin
- Farro
- Grains (other)
- Granola
- Grape-Nuts
- Grits
- Hominy
- Hummus
- Idli
- Lentils
- Milk
- Millet
- Muesli
- Muffin
- Naan
- Noodles
 - rice, egg, soba, potato, etc.
- Nut milks
- Oats
- Pancake
- Parsnips
- Pasta
- Peas
- Pita
- Plantains
- Polenta
- Potato
- Pretzels
- Puffed Rice
- Quinoa
- Rice
- Rice cakes
- Root vegetables
- Roti
- Shredded wheat
- Soy milk
- Sweet potato
- Tabbouleh
- Tortilla
- Tortilla chips
- Vegetables
 - fresh, canned, frozen
- Vegetable chips
- Vegetable samosa
- Waffle
- Winter Squash
- Yogurt

*Not an exhaustive list.

Protein and Fat Sources

Even the foods on these two lists vary in amount and quality of protein and/or fat they contain. Aim to include a variety of protein and fat sources in your diet.

PROTEIN

- Amaranth
- Beans
 - all varieties
- Chickpeas
- Cottage cheese
- Eggs
- Fish
- Greek yogurt
- Green Peas
- Hard cheese
- Jerky
- Lentils
- Milk
- Nuts and Seeds
- Mammal meats
- Peanuts
- Peas
- Poultry
- Quinoa
- Roe (fish eggs)
- Shellfish
- Soy beans (edamame)
- Soy milk
- Tempeh
- Tofu
- Whey
- Whole grains

FAT

- Avocado
- Egg yolks
- Full or partial-fat dairy
- Mackerel
- Nut butters
- Nuts and seeds
 - Almonds
 - Brazil nuts
 - Cashews
 - Macadamia nuts
 - Pecans
 - Walnuts
 - Chia seeds
- Flax seeds
- Ghee
- Olives
- Salmon
- Sardines
- Seaweed
- Tuna
- Vegetable oils
 - Avocado
 - Canola
 - Grapeseed
 - Olive
 - Peanut
 - Safflower

*Not an exhaustive list.

Topping Ideas

Spice blends, dips, spreads, smears, and toppings help increase variety and snack-time satisfaction. Many even add nutritional value! If you have a health condition that requires you to limit sodium be mindful of the salt content of your condiments. Do not change your sodium content without speaking to your dietitian first.

- Aioli
- Anise
- Baba Ghanoush
- Balsamic reduction
- Beets
- Cajun spice blend
- Chili flakes
- Chili sauce
- Chilis
- Cinnamon
- Citrus zest
- Coriander
- Cream cheese
- Cumin
- Everything but the bagel seasoning
- Fresh herbs
- Fresh ginger
- Fresh onion
- Garam masala
- Garlic oil
- Garlic powder
- Garlic salt
- Granola
- Ground cloves
- Ground ginger
- Herb blends
- Herbs de Provence
- Hot sauce
- Hummus
- Italian seasoning
- Japanese 7 spice
- Lemon juice
- Lemon pepper
- Lime juice
- Mustard
- Nuts
- Olive Oil
- Onion powder
- Pesto
- Pickled ginger
- Pickled vegetables
- Roasted garlic
- Roasted paprika
- Romesco
- Salsa
- Sauerkraut
- Seasoned salt
- Seeds
- Sesame seeds
- Shaved radish
- Soy sauce
- Sumac
- Tahini
- Turmeric
- Tzatziki
- Vinaigrette
- Vinegar
- Wasabi
- Za'atar
- Zhug

*Not an exhaustive list.

Some ideas to get you started

When choosing snacks, aim to have a carbohydrate source and a protein or fat source.
When choosing meals, aim to have all three.

- Fresh or dried fruit/vegetable with cheese, nuts, or nut butter
- Slice of toast with hummus and cucumber
- Greek yogurt with frozen berries
- Egg and vegetable sticks
- Caprese skewer (cherry tomatoes, mozzarella, fresh basil)
- Crackers with cooked lentils and bruschetta
- Summer roll and peanut sauce
- Cottage cheese and canned fruit
- Plantain chips and side of milk
- Popcorn with olive oil and nutritional yeast
- Chocolate milk (dairy, soy, or pea)
- Tostada with smashed beans and salsa
- Chia pudding w/ berries
 - 2 tablespoons chia seeds + 1/2 cup milk, stir and set in refrigerator for at least 2 hours and up to 7 days
 - sweeten with honey or maple syrup ~ 1 teaspoon
- Peanut butter dip + fruit
 - 1 tablespoon PB + 1 tablespoon Greek yogurt + sweeten to taste; whip together until slightly fluffy
- Toast with nut butter, sprinkled with seeds
- Pita with hummus
- Toast with baba ghanoush
- smoked salmon and endive leaves with crackers
- Vegetable sticks and cream cheese + sprinkled with favorite seasoning
- Beans and rice
- Pita chips and tabbouleh
- Gyoza and vegetable sticks
- Sliced vegetables and roe
- Edamame and rice crackers