# **PROTEIN PACKED SNACKS**



Created by Alexandra Regalado, RD, LDN for MGH Be Fit

Including snacks between meals can help support your energy and reduce overeating at meals. Pair a fiber-rich food (fruit, vegetable, whole grain) with protein. This combination helps to satisfy hunger and balance blood sugar, and may reduce cravings.

## FIBER-RICH FOODS

pair one from here...

### Fruit

1 medium apple 1 small banana or ½ large banana 1 cup berries or grapes 1 orange or 2 clementine's 1 medium peach or pear ½ grapefruit 3 prunes or dried apricots

### Vegetables

1 cup carrot sticks
1 cup sliced bell peppers
1 cup broccoli florets
1 cup celery sticks
1 cup sliced cucumber
1 cup cherry tomatoes
1 cup snap peas

### Whole Grains

2 cups air-popped popcorn 1/2 cup cooked oatmeal (or 1 packet) 2 rice cakes 1 slice whole wheat bread 1 6-inch corn tortilla 5 whole grain crackers with >3 g fiber

## PROTEINS

...with one from here

### Nuts & Seeds

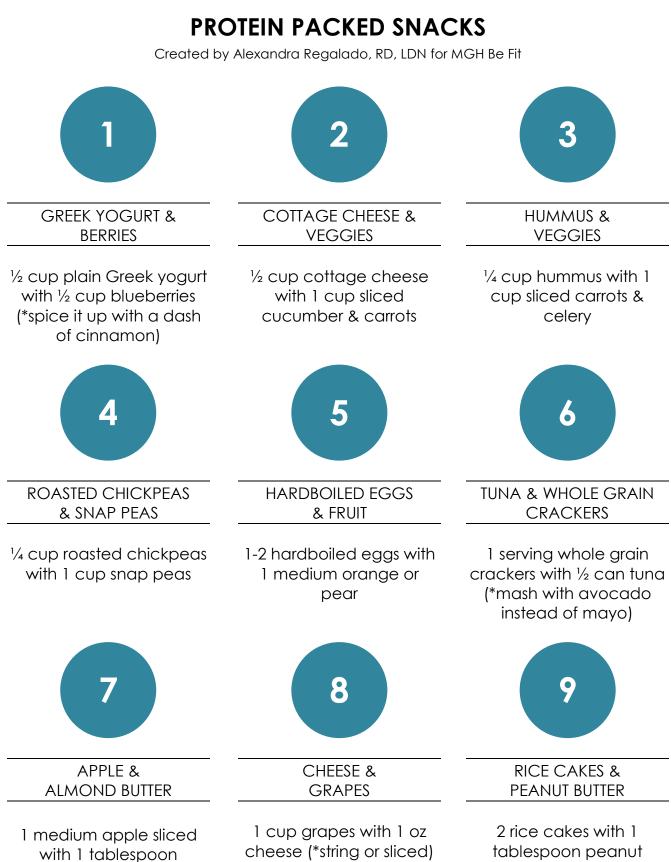
1 tbsp. peanut butter 1 tbsp. almond butter 1 tbsp. sunflower seed butter 1 tbsp. tahini (ground sesame seeds) 20 pistachios 15 almonds 7-10 walnut or pecan halves 2 tbsp. pumpkin seeds 2 tbsp. ground flax seeds 1 tbsp. chia seeds

#### **Beans & Legumes**

<sup>1</sup>/<sub>4</sub> cup hummus <sup>3</sup>/<sub>4</sub> cup edamame (in pods) <sup>1</sup>/<sub>4</sub> cup roasted chickpeas <sup>1</sup>/<sub>4</sub> cup roasted soy nuts

### **Animal Products**

1-2 hardboiled egg 2 oz canned tuna or salmon 1/2 cup 2% plain Greek yogurt 1/2 cup 2% cottage cheese 1/2 cup plain unsweetened kefir 1 oz cheese



almond butter

butter