



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
- ½ 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

- ¼ cup hummus
- ¾ cup edamame (in pods)
- ¼ cup roasted chickpeas
- ¼ cup roasted soy nuts

Animal Products

- 1-2 hardboiled egg
- 2 oz canned tuna or salmon
- ½ cup 2% plain Greek yogurt
- ½ cup 2% cottage cheese
- ½ cup plain unsweetened kefir
- 1 oz cheese

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1

GREEK YOGURT & BERRIES

½ cup plain Greek yogurt with ½ cup blueberries (*spice it up with a dash of cinnamon)

2

COTTAGE CHEESE & VEGGIES

½ cup cottage cheese with 1 cup sliced cucumber & carrots

3

HUMMUS & VEGGIES

¼ cup hummus with 1 cup sliced carrots & celery

4

ROASTED CHICKPEAS & SNAP PEAS

¼ cup roasted chickpeas with 1 cup snap peas

5

HARDBOILED EGGS & FRUIT

1-2 hardboiled eggs with 1 medium orange or pear

6

TUNA & WHOLE GRAIN CRACKERS

1 serving whole grain crackers with ½ can tuna (*mash with avocado instead of mayo)

7

APPLE & ALMOND BUTTER

1 medium apple sliced with 1 tablespoon almond butter

8

CHEESE & GRAPES

1 cup grapes with 1 oz cheese (*string or sliced)

9

RICE CAKES & PEANUT BUTTER

2 rice cakes with 1 tablespoon peanut butter