

BALANCED SNACKS

WHAT SHOULD A BALANCED SNACK HAVE?

A snack is a mini-meal that you can eat between meals. A balanced snack is packed with nutrients like protein, fiber, vitamins, minerals, and healthy fats to give us energy to last throughout the day. A balanced snack is low in added sugar and salt, and has at least 2 of the 5 food groups.

THE 5 FOOD GROUPS:



FRUIT



VEGETABLES



WHOLE GRAINS



PROTEIN



DAIRY

SNACK PAIRINGS



1 yogurt cup (5oz) + fruit



5oz Trail mix with unsalted nuts + dried fruit



Sliced veggies + Ranch dip



Cheese + fruit + crackers



Hummus (4oz)+ veggies



2 hard boiled eggs + fruit



Fruit with nut butter



Beef jerky + fruit



2 cups popcorn + veggies



Energy bites (2) + fruit



5-6 oz chia pudding + fruit



Oatmeal with fruit

HIDDEN INGREDIENTS IN SNACKS:

A lot of snacks that seem healthy may have hidden ingredients in them that aren't so good for us and our performance as athletes! Some ingredients include:

- **Added sugar:** Be mindful of the added sugar that may be found in granola bars, cereal, flavored yogurt, sports drinks, and juice.
- **Salt/sodium:** Be mindful of the amount of salt and sodium that can be found in trail mix, nuts, jerky, popcorn and crackers.



BALANCED SNACKS



Hard boiled eggs (2) + 1 fruit



Plain Greek yogurt + berries
+ granola



Low-fat Cheese stick +
whole grain crackers +
berries



Hummus + veggies



Trail mix with low sodium + dried
fruit with no added sugar +
nuts/seeds with 1/2 cup of fruit



Overnight oats
topped with fruit



Grapes + Gronola



2 cups popcorn + 1 fruit



Rice cake + peanut
butter + sliced bell
peppers



Whole grain crackers +
cheese + Cucumbers

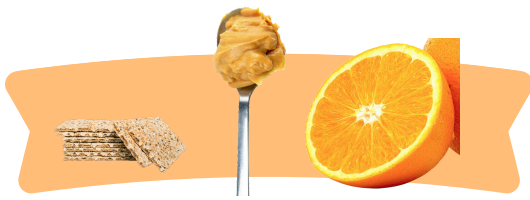


Nutri Grain bar + fresh fruit



Peanut butter + low added
sugar jelly/jam pinwheels
on whole grain tortilla

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5 Triscuits, 1 tbsp peanut butter + 1/2 an Orange



PB & J Rollup: 1 whole wheat tortilla, 1 tbsp peanut butter, 1 tbsp jam + 1 fruit



Oatmeal Bar + apple



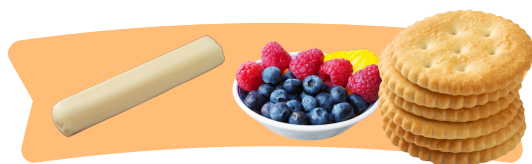
5 Triscuits, 1 boiled egg, 1 cup fruit



1 cup frozen grapes + 1/4 cup of mixed nuts



1/2 chicken salad wrap



Low-fat Cheese stick + whole grain crackers + berries



Whole wheat toast with 2 tbsp peanut butter

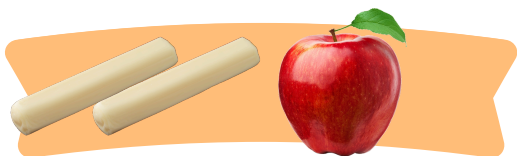


Bowl baby carrots with 1/2 cup hummus



Smoothie: 1 banana, 1 cup frozen strawberries, 3/4 cup yogurt, 1/4 cup milk

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1 String Cheese + 1 Apple, or
1 cup of fruit of choice



Handful of almonds + 1 pear



1/2 Cup Cottage cheese + 1
Cup Fruit



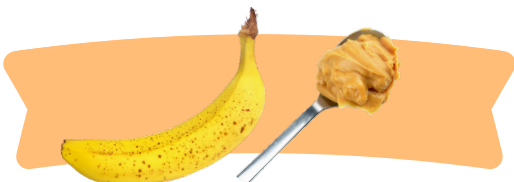
1 cup of sliced veggies such as
carrots, broccoli, bell peppers
with 2 tbsp hummus



Smoothie with 1 cup low
fat Milk, 1 cup of fruit +
chia seeds



1/3 cup Oats in 1 cup Almond
milk and 1/2 cup of fruit



1 Banana + 1 Tbsp Peanut Butter



1 Granola bar + 1 Cup of fruit



8 Wheat Thins + 1 Wedge of
Light Laughing cow cheese
+ 1 Cup Berries



1/2 Pita Bread + 2 Tbsp Hummus



1 cup of yogurt with granola and 1/2 cup fruit



512-222-8203



info@livenourishedtoday.com



www.livenourishedtoday.com

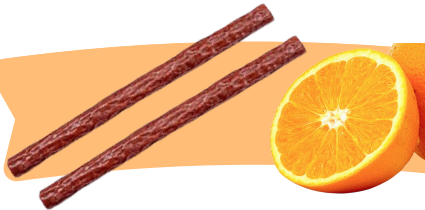
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1 cup popcorn + 1 cup fruit



1 cup chia pudding + 1/4 cup fruit



Beef jerky stick + 1 orange



Cucumber spears + 1/4 cup guacamole



1 oz Lox + 2 tbsp cream cheese + mini bagel



1/2 cup of pretzels + 1 cup cheese



1/4 cup edamame, 1 fruit, 1/4 cup nuts or seeds



1 piece whole wheat toast + 1 tbsp peanut butter + 1/2 cup fruit



4 Dates stuffed with 1 tbsp peanut butter + 1 tbsp nuts



2 cubes of dark chocolate + 1/4 cup almonds



1 rice cake + 1/4 avocado + tomatoes + apple slices

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8 whole grain crackers + corn salsa



2 graham crackers + 1/4 cup greek yogurt + 1 fruit



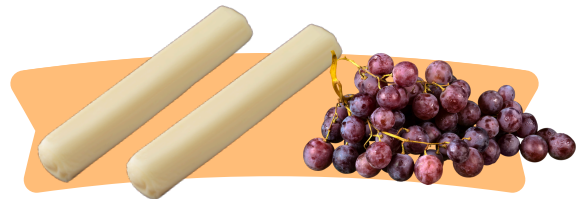
1 cup roasted chickpeas + sliced veggies of choice



1 cup tuna salad + chopped veggies



1/2 a whole wheat bagel + peanut butter + sliced apples



2 cheese sticks + 1 cup grapes



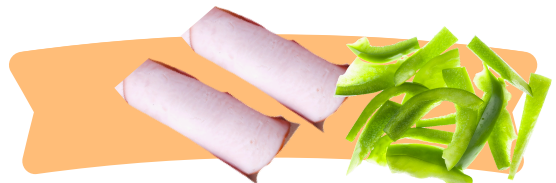
1/2 cup of chia pudding + 1 fruit of choice



1/4 cup feta cheese + 1 cup watermelon



A handful of almonds + 1 cup pomegranate



2 slices of turkey cold cuts + 1 cup of sliced veggies



1 cup popcorn + a handful of pistachios

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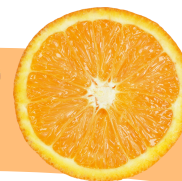
1 Nutri Grain bar + Pumpkin seeds



Baked apple slices w/ cinnamon + yogurt



1 frozen Kind bar + 1 cup fruit



Mini egg muffins with spinach & feta + fruit



1 cup of cottage cheese + pineapple + pretzels



6-7 chocolate pretzels + fruit



2 Oat Protein Balls



Cucumber slices with cottage cheese and 5-6 whole-grain crackers



1 slice of whole grain toast + 1 pear + 1/4 cup ricotta cheese



Handful (10-12) of sweet potato chips + yogurt



4-5 mini Frozen banana bites



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