

Healthy Snacking

What are the benefits of snacking?

- maintains energy levels
- keeps you focussed
- stabilizes mood swings

Tips on snacking

- Combine a fruit or vegetable with a source of protein or healthy fat to keep you satisfied for longer – fruit and vegetables will provide essential nutrients and energy, while protein and/or fat will keep you full.
- Add an optional carbohydrate to provide extra energy and fibre.

Eat every 2-3 hours throughout the day to avoid over-eating at mealtimes.

Examples of snacks (Mix and match from each column)

Fruit/Veg	Protein/Fat	Optional carb
Apple	Peanut butter/almond butter	Granola
Grape tomatoes	Cheese	Crackers
Fresh or frozen berries	Almonds	Oats or cereal
Mango	Greek yogurt	Nuts or seeds
Carrots or celery	Hummus	Pita bread
Cucumber	Hard-boiled egg	Rice cake
Frozen fruit	Protein powder and milk	Granola bar
Grapes	Trailmix	Pretzels
Edamame	Cottage cheese	Tortilla chips
Peppers	Dried chickpeas	Naan bread

For more information, visit sport-med.ucalgary.ca/services/nutrition