



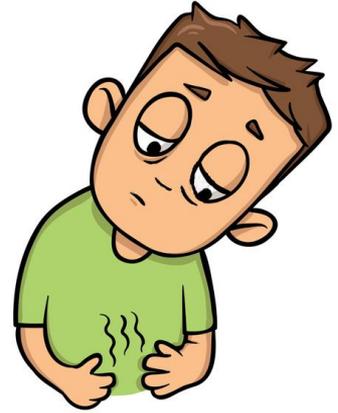
HERE FOR YOU

The Real Deal Healthy Snack Guide



It's 2:30pm....

- It's about 2.5-3 hours after lunch and your stomach is sending you the signal that it's time to grab a snack.
- Maybe you opt for a piece of fruit or a granola bar, or some chips from the vending machine only to still feel the emptiness rumbling in your stomach 20 minutes later.
- Listen to those hunger cues!



A Band-Aid Solution

- For most people just having an apple or a granola bar doesn't really curb the hunger – it puts a band-aid on it until your next meal.
- Enter: the creation of dynamic snacks that will keep you satisfied!



Real Deal Snacks

- Think of snacks as “mini meals”
- Incorporate protein, fat and carbohydrates
- The main focus should be fruits and/or vegetables
- Don't over complicate it... keep reading!



Next Up...

- The following slides give examples of proteins, fats and carbohydrates that are popular for making snacks with.
- The colours represent how densely that food contains the given nutritional resource
 - Red = most dense
 - Blue = medium
 - Green = least dense
- The colours aren't necessarily bad or good – it depends on your diet, lifestyle, stage of life and many other things. All people need different amounts of calories!

Protein Sources



- Greek Yogurt or Skyr Yogurt
- Cottage Cheese
- Eggs
- Lean Proteins (chicken, turkey, lean cuts of beef or pork, fish)
- Whey Protein Powder
- TVP (textured vegetable protein)

Fat Sources

- Natural Peanut Butter (or other natural nut butter)
- Olive oil, vegetable oil, coconut oil, etc
- Nuts and seeds
 - Cashews, walnuts, almonds, pecans, etc
 - Pumpkin, sesame, sunflower, flax, chia, etc
- Cheese
- Avocados



Carbohydrate Sources

- Whole grain bread, English muffins, wraps, bagels, cereals, pastas, rice, beans, lentils
- Root vegetables
 - Potatoes, sweet potatoes, squashes, carrots
- Fruits
 - Bananas, mangoes, berries, oranges, pineapple, etc
- Vegetables
 - Cucumber, bell peppers, mushrooms, sugar snap peas, tomatoes, broccoli, cauliflower, Brussel sprouts, etc.



Snack Combos: How To

- Choose:
 - 1 protein source
 - 1 fat source
 - 1-2 carbohydrate sources
 - Depending on your eating habits
 - Most people should include a fruit or vegetable with a slightly more dense carb

Snack Combo Examples

- Greek Yogurt with fruit and 1tbsp of peanut butter
- Hard boiled egg on ½ a toasted bagel with avocado
- ½ palm size of chicken breast, ¼ cup of unsalted nuts, and raw veggies
- Cottage cheese with melon and pumpkin seeds
- Protein powder blended with 1 banana and 1tbsp nut butter
- ½ can of tuna (packed in water), 1 piece of toasted bread with 1 slice of cheese
- The options are endless!

The Takeaway

- Snacks should incorporate all the vital nutrients (proteins, fats and carbs with a fruit or vegetable)
- Think of snacks as “mini meals”
- Help to keep you full for longer, and include more of your daily intake of vitamins, minerals, fiber etc.
- Assist in keeping blood sugar stable, diminish cravings