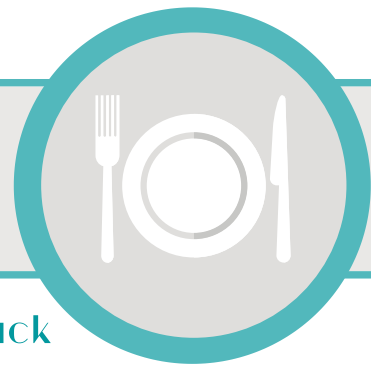


SNACK BUILDER

A STRUCTURE FOR BALANCE & NOURISHMENT



Choose an option from each category for a satisfying snack

WHOLE GRAIN CARBS

.....

PROTEINS & FATS

.....

FRUITS & VEGETABLES

.....

6 whole grain crackers

a handful of pretzels

2 brown rice cakes

1/2 whole grain pita

1 whole grain tortilla (6")

1 whole grain wrap

1 cup popcorn

1/2 cup whole grain cereal

small whole grain muffin

1/2 cup cooked oatmeal

1 granola bar

1 whole grain toaster waffle

1 slice whole wheat toast

1/2 whole grain English muffin

8 whole grain tortilla chips

2 Tbsp hummus

1/4 cup nuts

1/4 cup cubed cheese

1 hard boiled egg

1/2 cup Greek yogurt

1/2 cup cottage cheese

2 Tbsp peanut butter

2 Tbsp almond butter

1/2 small avocado

3 slices low sodium turkey

1 string cheese

1 scoop protein powder

1/2 cup cubed chicken

1/2 cup roasted chickpeas

1 cup milk or alternative

carrot or celery sticks

cucumber slices

berries

cauliflower florets

sliced bell pepper

banana

sliced apple or pear

orange

sugar snap peas

cherry

tomatoes

1 cup grapes

1/2 cup canned fruit

3 Tbsp salsa

1/4 cup dried fruit

1/2 cup frozen fruit



Be Well
Nourishment
Nutritional Solutions