

PAIR IT UP! SNACKS

EAT "PAIRED" SNACKS WHEN HUNGRY BETWEEN MEALS

What is a paired snack?

- A paired snack has 2 foods. Eating a paired snack can give you energy between meals.

FIRST

Pick a **Low-** or **Moderate-** Glycemic Carbohydrate (Vegetable, Fruit, Beans, Whole Grain)

NEXT

Pair it with a **Protein** or **Fat**

1 cup celery
1 cup baby carrots
1 sliced cucumber
1 apple
1 cup grapes
2 clementines
1 cup blueberries
½ cup black beans

2 tablespoons dried fruit
6 Triscuit® crackers

1 cup milk
1 cup plain yogurt
1 string cheese
1 hard-boiled egg
3 slices deli turkey/chicken breast

1 tablespoon peanut butter
⅓ cup almonds
2 tablespoons guacamole
2 tablespoons hummus
2 tablespoons ranch dressing

Note: When choosing a **Moderate-Glycemic Grain** (like Triscuit® crackers) pair it with a **Protein** (like string cheese).

APPLE + MILK

BLACK BEANS +
GUACAMOLE

CELERY +
PEANUT BUTTER

BABY CARROTS +
RANCH DRESSING

STRING CHEESE +
TRISCUIT® CRACKERS

YOGURT +
BLUEBERRIES

HARD-BOILED EGG +
SLICED CUCUMBER