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)

- 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

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

NEXT

Pair it with a Protein or Fat

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

- 1 tablespoon peanut butter
- ½ cup almonds
- 2 tablespoons guacamole
- 2 tablespoons hummus
- 2 tablespoons ranch dressing

Nutrition Standard 1 Education