

Balanced Snack Ideas

Supports: Building Block 2 — Tracking, Hydration & Eating Awareness

Why It Matters

Snacks are not something to feel guilty about. When you plan a little, a snack can carry you comfortably from one meal to the next and keep your energy steady instead of crashing. The trick is pairing a source of protein with fiber-rich carbohydrates, and often a little healthy fat, so the snack actually holds you. Keeping a few options within reach means you can answer real hunger without stress. Think of snacks as small, satisfying investments in how you feel through the day.

What to Know

Why pairing works

A handful of crackers alone may leave you hungry again quickly. Add cheese or a hard-boiled egg and the same snack tends to stick with you longer. Protein and fiber slow things down, which can help you feel satisfied and keep your energy more even between meals. You don't need to measure or overthink it — just aim to combine two or three of these building blocks.

- Protein: Greek yogurt, cottage cheese, eggs, string cheese, chicken, tuna, edamame, or beans.
- Fiber-rich carbs: fruit, veggies, whole-grain crackers or toast, popcorn, or oats.
- Healthy fats: nut butter, nuts and seeds, avocado, hummus, or guacamole.

Easy combinations to keep on hand

- Apple or banana slices with peanut or almond butter.
- Raw veggies or bell pepper scoops with hummus or guacamole.
- Greek yogurt with berries, a drizzle of honey, and a sprinkle of granola or nuts.
- Whole-grain crackers with tuna or chicken salad, or with cheese and fruit.
- Trail mix you build yourself from nuts, seeds, and dried fruit.
- Cottage cheese topped with tomato or fruit; ants on a log; or a smoothie with yogurt and frozen fruit.

Prep a few ahead. Portioning a handful of options at the start of the week — nuts in small containers, hard-boiled eggs, cut veggies — makes the balanced choice the easy one when hunger shows up.

Try This

Pick two or three snack combinations from this page that actually sound good to you, and set them up so they're ready to grab this week.

- ? Which two snacks here would you genuinely look forward to?
- ? What tends to leave you hungry again soon after — and how could you add protein or fiber to it?
- ? When during your day does a planned snack help you most?