

# BALANCED SNACK CHOICES

●	Whole grain crackers (Ryvita Multigrain x3 crackers or Multigrain wheat thins x10-14 or Triscuit Original x4-6) and 1 oz of cheese OR 2tbsp but butter
●	1/4 cup cottage cheese and 1/2 cup fruit
●	Costco style protein pack (individually packed cheese, nuts, and dried fruit) Ex.Sargento Balanced Breaks
●	2-3 cups air popped popcorn and 1/4 cup unsalted nuts
●	1/2 sandwich on 1 slice of whole grain bread with your choice of fish (tuna), turkey, chicken, ham, or nut butter
●	2 Tbsp of nut butter and 1 small-med sized fruit (ex. Apple)
●	1 oz cheese (ex. 1 babybel cheese) and 1 small-med fruit (ex. apple)
●	1/3 cup cottage cheese and veggie sticks
●	Parfait: 1 tbsp seeds and 1 cup berries and 3/4 cup plain or no added sugar yogurt
●	1 boiled egg and 1 small to med sized fruit (pear) and 3-4 multigrain crackers
●	2 Tbsp hummus and 3 Ryvita crackers
●	1-2 Tbsp cream cheese and 3 Ryvita crackers
●	2 Tbsp hummus and veggie sticks
●	1 whole grain pita (Ozery) and 1/3 cup hummus and veggie sticks
●	1/4 cup unsalted nuts + 10-15 grapes + 1oz cheese
●	1/2 cup canned fish (tuna) + multigrain crackers
●	1 slice whole grain toast and 1 Tbsp nut butter
●	1oz cheese and vegetable sticks and whole grain crackers and 1/3 cup hummus
●	3/4 cup Greek yogurt and a handful of unsalted nut/seed mix and 1/2 cup fresh berries