



SNACK LIST

Step 1: Pick your protein source

Protein Base

- Fat-free Greek Yogurt (ex: Chobani Simply 100, Dannon Oikos Triple Zero, Dannon Light & Fit, Yoplait 100 Greek, Fage Plain)
- Part skim/light/low-fat cheese stick
- Mini Babybel light Cheese
- Light or fat-free ricotta cheese mixed with your favorite extract
- Low-fat cottage cheese
- Hardboiled egg
- Turkey Jerky (ex: Perky Jerky)
- Simply Snackin' Dried Chicken Breast
- Frozen Protein Shake Slushy or Protein Popsicle
- Special K protein bites

Step 2: Pair with fiber

Fiber Additions

- Fruit (apple, berries, peaches, cantaloupe, banana, orange, pear)
- Vegetables (grape tomatoes, carrot sticks, pepper sticks, cucumber slices)
- Whole grain crackers (Kashi® Heart to Heart, Back to Nature, Triscuit, Wasa, Finn Crisp)
- High fiber cereal (Kashi Go Lean, Fiber One, Bran Flakes, Kay's Naturals Protein Cereal)
- Harvest Snaps Snap pea crisps
- Go Raw Flax snack

Enjoy and feel satisfied!

Other snack ideas:

- ¼ cup nuts
- ¼ cup Biena/ The Good Bean Chickpea Snacks (many stores)
- ¼ cup Genisoy Soy Nuts (www.amazon.com, Wegman's)
- Crunchy seasoned dry peas
- Kay's Naturals Protein Chips (Walgreens, Stop and Shop) or Quest protein chips
- Seapoint Farms Dry Roasted Edamame (Marshalls, TJ Maxx , Home Goods, 7-11, Shaw's , Stop and Shop, Wegmans)
- U-Be-Livin-Smart™ "Karma"ffins (Protein Muffin) (www.ubelivinsmart.com)
- Fit and Lean Power Pak Pudding (GNC, The Vitamin Shoppe)
- Rice cake w/ 1 TBSP peanut butter/nut butter or 2 TBSP hummus
- 1/3 cup Ola GF No nut vanilla granola



- Protein/Snack Bars → Follow this rule:

Grams of protein + grams of fiber should be greater than grams of sugar.

- Atkin's*, Fiber One Protein, Kashi Chewy Granola Bars, Nature Valley Protein, Pure Protein*, Quest Bars*, Trader Joe's Fiberful Granola Bars, Think Thin 150cal bars*, Think Thin Protein Nut Bar, Oatmega, Nugo Slim, Nogii Protein D'Lites (Cookie & Cream flavor only), Health Warrior Superfood Protein Bar

*These bars contain sugar alcohols and may cause discomfort for some patients.

Quick Guide to Label Reading:

Turn product over and find protein, fiber, and sugar on the nutrition facts label.
Follow this rule:

Grams of protein + grams of fiber should be greater than grams of sugar.

If protein + fiber are greater than sugar → the product is likely a good choice
If protein + fiber are less than sugar → there is likely a better option to choose

This rule can apply to many packaged foods. It is especially helpful when comparing protein bars, cereal, bread products, and instant oatmeal.

Nutrition Facts	
Serving Size	1 Bar (35g)
Amount Per Serving	
Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Soluble Fiber 1g	
Insoluble Fiber 3g	
Sugars 6g	
Protein 6g	9%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g