

## NEED IDEAS FOR SNACK TIME?

<u>CARBOHYDRATE FOOD</u>	and	<u>PROTEIN FOOD</u>
popcorn		string cheese
crackers		tuna salad
apple		peanut butter
light yogurt		sunflower kernels
pretzels		cheese cubes
granola bar		nuts
pear		deviled egg
Triscuits		cottage cheese
flavored rice cakes		hardboiled egg
crackers		hummus/cheese
peach		peanut butter on celery
lite yogurt smoothie		nuts
sugar free pudding, graham crackers		peanut butter
whole wheat tortilla		chicken strips
½ English muffin		cheese

Remember to check label  
for total carbohydrates and  
serving size.