

SMART SNACKS AND SMALL MEALS

Choose a variety of food to help ensure the balance of nutrients for optimal health. Each meal should contain sources of healthy fats, protein and fiber along with complex carbohydrates. Fats, protein and fiber are digested slowly and help stabilize blood sugar.

SMART SNACKS

- One piece of fresh fruit daily!
- Hummus with raw chopped vegetables or whole grain pita bread
- Low-fat cottage cheese with sliced pear, plum, cherries or ¼ cup of fresh berries
- Whole-grain toast with nut butter (cashew and almond butter are delicious alternatives to peanut butter)
- Olive spread on toasted pita bread, no salt corn (yellow or blue) tortilla chips, whole grain crackers or rye crisp
- Apple or pear slices with organic cheese slice or nut butter
- Low-fat yogurt with nutty granola or ¼ cup fresh berries
- Tofu chive spread or roasted garlic tofu spread with crackers, whole grain bread or pita
- Nuts or seeds and a piece of fruit
- Sardines or smoked salmon on a cracker
- *Kind* protein bar

SMALL MEALS

- Bowl of brown rice topped with lemon tahini sauce or spicy peanut sauce, cubed tofu and sautéed vegetables such as carrots, snap peas, much bean sprouts, onions, garlic and red pepper
- Cup/bowl of bean soup (navy bean, black bean, lentil or chili) with a side vegetable and one slice of whole grain toast
- Omelet stuffed with vegetables and a slice of whole grain toast
- Tofu or tempeh burger on whole-grain bun with lettuce, tomato, sprouts and side vegetable
- Baked potato topped with chili, plain yogurt, salsa and broccoli
- Whole grain cereal (hot or dry) topped with nuts and/or seeds, low-fat milk and fresh berries
- Brown rice and black bean burrito with avocado, salsa and spinach
- Miso soup with cubes of tofu and chopped vegetables (i.e. bok choy, carrots, watercress, seaweed, onions, diced potatoes)
- Fresh garden salad with plenty of vegetables, roasted sesame seeds and tahini or olive oil and red wine vinegar as dressing; and a few whole grain crackers
- Stir-fry a variety of chopped vegetables such as red onions, carrots, celery, broccoli; tomatoes, squash with either chicken, turkey or ground lamb/beef – (may be eaten as is or served over brown rice, quinoa or barley)

