

SNACKING CHOICES WITH PROTEIN

Plan to have a healthy snack if there are more than 4 hours between meals. Choose snacks of 100-150 calories or 1 to 2 food groups from Canada's Food Guide. Foods containing protein can help to control appetite and blood sugars so aim for about 8 grams protein with every snack.

The following list of snack ideas contain protein:

- ❖ ½ cup hummus & raw veggies or ½ pita
- ❖ ½ oz (1 Tbsp) nuts & ½ cup fruit
- ❖ ½ cup plain Greek yogurt & berries
- ❖ ½ cup cottage cheese & fruit
- ❖ Crackers (e.g. Finn Crisp, Mary's, or Grains First by Dare) & cheese string
- ❖ ½ cup edamame beans
- ❖ 1 oz (25 g) cheese & fruit or crackers
- ❖ 1 oz nuts & 1-2 cups popcorn
- ❖ Cheese strings, Light Babybel or Light Laughing Cow cheese
- ❖ ¼ cup trail mix
- ❖ ½ peanut butter or turkey sandwich
- ❖ Boiled egg, salsa & crackers
- ❖ 2 Tbsp peanut butter & celery
- ❖ ½ cup cottage cheese & veggies
- ❖ Low fat pudding (add 2 Tbsp skim milk powder)
- ❖ 100 g yogurt & 1 oz nuts
- ❖ Small can flavored tuna & crackers
- ❖ Homemade frozen yogurt (blend yogurt with frozen fruit)
- ❖ Prepackaged 1 oz bag of nuts (100-150 calories) (keep in your car, purse or at work)

Protein content of some common foods:

| TYPE OF FOOD | SERVING SIZE | PROTEIN CONTENT (GRAMS) |
|-------------------------------------|---------------------------------------|-------------------------------------|
| Egg | Large | 6 |
| Yogurt (0-1% M.F.) | ¾ cup (175 ml) or 2x 100 g containers | 6 |
| Hummus | ½ cup (80 ml) | 6 |
| Seeds (i.e. sunflower, pumpkin) | ¼ cup (1 oz) | 6-9 (Average 200 calories) |
| Nuts | ¼ cup (1 oz) | 7 (Average 200 calories) |
| Cheese (20% M.F. or less) | 1 oz (25 g) | 7 |
| Milk (0-1% M.F.) | 1 cup (250 ml) | 8 |
| Peanut butter | 2 Tbsp (30 ml) | 8 (180 calories) |
| Legumes (beans, lentils, chickpeas) | ½ cup (125 ml) | 8-10 |
| Skim milk powder | 3 Tbsp (45 ml) | 10 |
| Ensure or Boost | 1 can/bottle (235 ml) | 10-13 |
| Edamame beans, shelled | ½ cup (125 ml) | 12 |
| Greek yogurt (0% M.F.) | ¾ cup (175 ml) | 12-18 |
| Cottage cheese (0-1% M.F.) | ½ cup (125 ml) | 16 |
| Protein powder | 1 serving | 15-25 (read label) |
| Protein bar | ½ - 1 | Keep to 15 g protein & 150 calories |
| Tofu, firm | ¾ cup (175 ml) | 16 |
| Beef, chicken, pork, fish | 2 ½ oz (75 g) deck of card size | 20-25 |