

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