

CREATING HEALTHY SNACKS

THE BEST SNACKS ARE MIX AND MATCH!

The best way to create a healthy and filling snack is to mix and match sources of fibre (mostly fruits and veggies) with a source of protein and fat (many foods contain both protein and fat). Pick 1-2 servings of fibre and 1 source of protein + fat to build the perfect snack.

PICK 1-2 SOURCES OF **FIBRE** FOR YOUR SNACK

- Apple
- Celery
- Berries
- Bell Peppers
- Pear
- Pea Pods
- Grapes
- Avocado
- Banana
- Whole grain bread
- Carrots
- Popcorn



PICK 1 SOURCE OF **PROTEIN + FAT** FOR YOUR SNACK

- Cheese
- Milk
- Meat (including deli meat)
- Hummus
- Edamame
- Greek Yogurt with low sugar
- Nuts/Seeds
- Hard Boiled Egg
- Tuna
- Cottage Cheese



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NATALIE HENNESSEY
NATUROPATHIC DOCTOR