

# SMART SNACKING



## CARBS

Carbs from whole foods are a good source of energy. Just don't overdo it on processed sugars!

## PROTEIN

Protein plays many important roles in the body, and like fat it helps us to feel full and satisfied.

## FAT

Fat makes food delicious, and helps us to feel satisfied - which can actually help regulate our appetites.

## FLAVOR

A snack can contain all three macronutrients but if it doesn't taste good, who cares?

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## A SMART SNACK IS WELL BALANCED WITH ALL THREE NUTRIENTS (AND IT TASTES GOOD, TOO)

When we eat a snack that contains all three macronutrients (carbs, fat, and protein) we feel satisfied for longer. Consider how you feel after drinking a can of Coke (150 calories, all sugar) vs. having an apple with a tablespoon of peanut butter (180 calories, some sugar, fat, and protein). Aim for snacks that are whole-foods based with a combination of flavors, textures, and nutrients so that you are satisfying your hunger and nourishing your body.

### FRUIT FORWARD

Base your snack around a whole piece of fruit and you're automatically getting lots of important micronutrients along with fiber. It's the best way to satisfy a sweet tooth!

### PANTRY STAPLES

Tired of turning to nutrient-poor pretzels, crackers, and chips when you're hungry? Switch to more balanced sources of nutrition like nuts, seeds, dried fruit, or jerky.

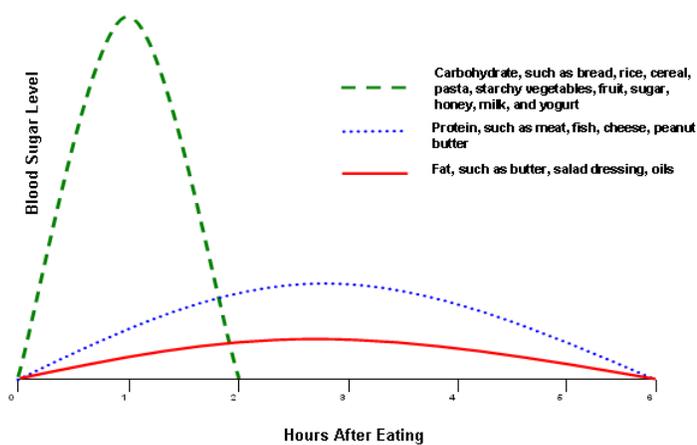
### LOVELY LEGUMES

Legumes like beans and chickpeas make an excellent base for a snack. In their whole form (a la cowboy caviar) or blended (like hummus), a snack based on legumes is delicious & filling.

### MINI MEALS

Think outside of the box - if you have some leftovers, eat a small portion for a snack! A small bowl of soup, some rice & beans or meat, or leftover whole grain pasta can make an excellent quick bite.

# ADDITIONAL TIPS, TRICKS AND RECIPES



## LONG LASTING SATISFACTION

This graph shows you the different rates that carbohydrate, protein, and fat each affect the rise in blood sugar. (Source: Kaiser Permanente)

When we eat carbs, proteins, and fats together, we feel satisfied for longer. Unfortunately a lot of our snacks are highest in carbohydrates, which might leave you feeling hunger pangs again as soon as your blood sugar falls, about 1.5 hours after eating.

## A FEW OF OUR FAVORITE COMBINATIONS

- apple slices + cheddar cheese
- canned tuna + cucumber slices
- whole milk yogurt + fresh fruit
- whole grain toast or crackers with nut butter + banana
- hard boiled egg with dukkah, pesto, or mustard
- avocado + everything bagel seasoning
- sweet peppers + hummus
- quick little cheese quesadilla (veggies optional)

## FEATURED RECIPE: CHICKPEA SALAD

### INGREDIENTS

1 15-oz can of garbanzo beans, drained and rinsed  
1 small carrot, shredded  
1 Tablespoon dried currants, raisins, or cranberries  
1/4 bunch fresh parsley, chopped  
Zest from 1 lemon  
Lemon juice, from 1 lemon  
1 teaspoon rice wine vinegar  
1 Tablespoon Extra Virgin Olive Oil  
Salt and pepper, to taste

### DIRECTIONS

Add all ingredients to a bowl, stir, taste and adjust seasonings.

### SERVING SUGGESTIONS

This salad can be eaten alone, on crackers, or with tortilla chips.

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