

BARIATRIC SNACKS

CARBOHYDRATE & PROTEIN MATCHING

PROTEIN CHOICE <-----PAIR-----> **CARBOHYDRATE CHOICE**

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| <ul style="list-style-type: none"> <input type="checkbox"/> String Cheese, 1oz <input type="checkbox"/> Nuts, 2-3 Tbsp <input type="checkbox"/> Turkey & cheese slice <input type="checkbox"/> Cottage cheese, ¼ cup <input type="checkbox"/> Greek yogurt, ¼ c <input type="checkbox"/> Tuna or egg salad, ¼ c <input type="checkbox"/> Egg, hardboiled <input type="checkbox"/> Soynuts, ¼ c or Edemame <input type="checkbox"/> Jerky, Beef or Turkey, 1oz <input type="checkbox"/> Babybell cheese, lowfat <input type="checkbox"/> Hummus, ¼ c <input type="checkbox"/> Greek yogurt ranch dip, ¼ c <input type="checkbox"/> Beans or bean dip, ½ c <input type="checkbox"/> Peanut butter, 1 Tbsp <input type="checkbox"/> Nature Valley Protein Chewy Bar, ½ | <ul style="list-style-type: none"> <input type="checkbox"/> Crackers, 3-4 whole grain <input type="checkbox"/> Piece of fruit, ½ small <input type="checkbox"/> Fruit cup, ¼ c, light syrup <input type="checkbox"/> Toast, crispy, ½ <input type="checkbox"/> Granola, 1 Tbsp <input type="checkbox"/> Sandwich Thins, ½ <input type="checkbox"/> Milk, ¾ c <input type="checkbox"/> Oatmeal, ¼ c, sugar free <input type="checkbox"/> Grapes or berries, ½ c <input type="checkbox"/> Pretzel crackers, 3-4 <input type="checkbox"/> Carrot slices & Pepper sticks <input type="checkbox"/> Corn tortilla, 6in <input type="checkbox"/> Graham cracker square, 1 <input type="checkbox"/> Melon, ½ c <input type="checkbox"/> High Protein Special K or Kashi Go Lean, 1/3c |
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Think of snacks as a bridge between meals. Having a healthy snack between meals when you are hungry will help keep your energy and blood sugars level. It will also help you avoid becoming over-hungry which can make it more difficult to eat slow and watch portions at your next meal.

My Ideas for Home

My Ideas for Work or On the Go
