

snack ideas

HIV

Planning meals is important for a healthy diet, but what about snacks? Nutritious snacks are another great way to keep you fueled and provide the nutrients your body needs. Package snacks into plastic bags or containers for easy eating at work or on-the-go. Here are a few ideas to get you started.

- 1 Popcorn**
An amazing whole grain snack that can be bought pre-made or made with 2 tablespoons olive oil and $\frac{1}{4}$ cup popping corn kernels popped on the stove.

- 2 Yogurt Parfait**
 $\frac{1}{2}$ cup Greek yogurt topped with fresh or frozen berries and granola.

- 3 Toast with Nut or Seed Butter**
A slice of toasted whole grain bread with 2 Tbsp of your favorite nut butter (almond, peanut, cashew) or seed butter (SunButter®, soy nut, or WowButter®).

- 4 Handful of Nuts**
1 ounce of nuts is considered a serving. That's about 23 almonds, 19 pecan halves, 18 cashews, 14 walnut halves or 49 pistachios.

- 5 Fresh Vegetables and Dip**
Pair $\frac{1}{2}$ cup fresh vegetables, like snap peas, broccoli, baby carrots, cherry tomatoes or cucumbers, with either your favorite dip or something new! Try hummus, guacamole, tzatziki or a low-fat dressing.

- 6 Whole Grain Crackers with Hummus**
Pair $\frac{1}{4}$ cup of your favorite seasoned hummus with a serving of whole grain crackers, like Triscuits® or Wheat Thins®.

- 7 Tortilla Chips and Salsa**
Choose a 1 ounce serving of tortilla chips with 2 tablespoons of your favorite type of salsa, such as corn, bean, mango, or pico de gallo.

- 8 Meat, Cheese and Crackers**
Try a 1 ounce serving of jerky, 1 ounce of cheese and a serving of whole grain crackers, like Triscuits® or Wheat Thins®.

- 9 Fresh, Canned or Dried Fruit**
1 cup of fresh oranges, apples, pears, berries, and more are all great energy filled snacks. Try canned fruit packed in water or 100% juice. Love dried fruit? One-quarter ($\frac{1}{4}$) cup is considered a serving size.

- 10 Hard Boiled Egg**
Two hard boiled eggs make a nutrient-rich, high protein snack.

- 11 Loaded Rice Cake**
1 large, plain rice cake topped with 2 tablespoons of nut butter and banana slices.