

Perfect snack pairings



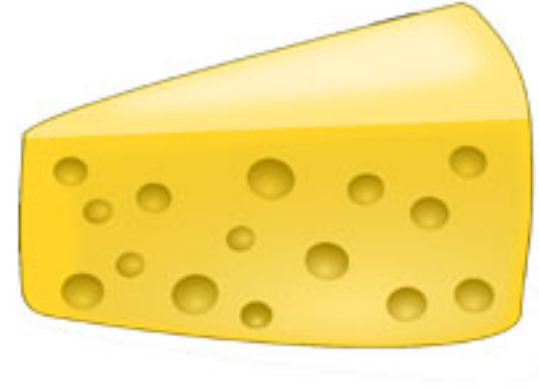
Pair a protein food with your pick of fruit or non-starchy vegetable for a balanced snack

1. Choose your protein:

1/4 cup unsalted nuts 1 tbsp peanut butter 2 oz turkey jerky

6 oz low fat plain yogurt 1/2 cup cottage cheese 1 oz low fat cheese

1/2 cup beans 1/4 cup hummus



2. Pick your fruit / non-starchy vegetable:

1 cup berries 1/2 banana/ mango 1/2 cup grapes/ cherries

1 cup melon 1 small apple/ pear/ peach 1 cup radishes

1 cup carrots/celery 1 cup cucumber slices 1 cup cherry tomatoes

1 cup bell peppers 1 cup green beans 1 cup broccoli/ cauliflower

