

Snack Swaps

Great for satisfying your snacking needs & learning tools to enjoy all foods

***= Fat, protein and carbohydrate*

1

Salty Snacks

Instead of grabbing a whole bag of chips to satisfy your craving, portion out a serving on a plate and enjoy it or you can try these snacks instead:

- Cucumber slices + seasoning of choice
- Edemame + seasoning of choice



2

Sweet Snacks

Instead of sitting down with a whole box of candy at the tv, portion out a desired amount of candy on a plate. To make it a filling snack add some nuts, and fruit to the plate. Enjoy each bite!

Other snack ideas:

- **Banana + Peanut Butter (for added sweetness add honey to the peanut butter and mix in.)
- Flavored Protein Shake



3 Chocolate

It takes time for taste buds to adjust to new flavors, implementing 80+% dark chocolate can satisfy your chocolate craving quicker than other chocolate options.

Other snack options for the chocolate lover:

- **Freeze banana, dip in chocolate and eat like a popsicle right out of the freezer. For added protein and fats, add some nuts
- **Add chocolate to raspberries, add crushed nuts and freeze



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4 Crunchy

Combine nuts, fruits and veggies for easy filling snacks! Prepare snack bags ahead of time.

- Air Popped Popcorn
- Carrots, Cucumber, apple slices
- Nuts and seeds
- ******Make your own trail mix with 3/4 of it being air popped popcorn (add nuts, dried fruits, seeds)



5 Spicy

- Veggie of choice dipped in salsa (Cucumber is great!)
- Mango + Chilli powder
- ******Spicy Hummus + Veggie of choice

The Key



- Eat when hungry
- Combine fats, proteins and carbohydrates when you can
- Limit distractions when you eat so you can enjoy your food
- Be mindful/aware when you are eating
- Practice smaller portion sizes first. You can always get more if you are still hungry after eating.
- If you are craving a combination of items, get creative and combine items. For example sweet + salty. Plate 1/2 banana with peanut butter as well as edamame with salty seasoning of choice!

