BARIATRIC SNACKS CARBOHYDRATE & PROTEIN MATCHING

PROTEIN CHOICE <pair< th=""><th>CARBOHYDRATE CHOICE</th></pair<>	CARBOHYDRATE CHOICE
☐String Cheese, 1oz	☐Crackers, 3-4 whole grain
□Nuts, 2-3 Tbsp	\square Piece of fruit, ½ small
☐Turkey & cheese slice	□Fruit cup, ¼ c, light syrup
□Cottage cheese, ¼ cup	☐Toast, crispy, ½
□Greek yogurt, ¼ c	□Granola, 1 Tbsp
□Tuna or egg salad, ¼ c	\square Sandwich Thins, ½
☐ Egg, hardboiled	□Milk, ¾ c
□Soynuts, ¼ c or Edemame	□Oatmeal, ¼ c, sugar free
☐Jerky, Beef or Turkey, 1oz	\square Grapes or berries, ½ c
☐ Babybell cheese, lowfat	□Pretzel crackers, 3-4
□Hummus, ¼ c	☐ Carrot slices & Pepper sticks
□Greek yogurt ranch dip, ¼ c	□Corn tortilla, 6in
□Beans or bean dip, ½ c	\square Graham cracker square, 1
☐Peanut butter, 1 Tbsp	□Melon, ½ c
□Nature Valley Protein Chewy Bar, ½	☐ High Protein Special K or Kashi Go Lean. 1/3c

Think of snacks as a bridge between meals. Having a <u>healthy</u> snack between meals when you are <u>hungry</u> 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.

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