

Balanced Snacks Activity

Create your own balanced snacks using the list below. When balancing your snacks, you want to pair protein/healthy fat and carbohydrates together.

Protein/Fat

String Cheese

Honey Nutz

Peanut butter

Sunflower seeds

Pumpkin seeds

Hardboiled egg

Cottage cheese

Turkey slices

Hummus

Guacamole

Almonds

Carbohydrate

Pretzels

Apple

Orange

Peach

Carrot sticks

Dick and Janes crackers

Blueberries

Roasted chickpeas

Kale Chips

Rice cake

Slice wheat toast