

Power Snacks: How to Build a Healthy Snack

Rachael Costello MS, RDN, LDN
224-241-2331
contact@foxvalleynutritionconsulting.com

carbs



asparagus
broccoli
carrots
cauliflower
celery
cucumber
edamame
green beans
peppers
radishes
snap peas
apple
banana
berries
grapefruit
orange
kiwi
peach
pineapple

fats



avocado
hemp seeds
flax meal
pumpkin seeds
high-quality oils
coconut milk
nut butters
tahini
hummus

nuts:

walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
peanuts

proteins



quinoa
chia seeds
flax seeds
hemp seeds
sunflower seeds
pumpkin seeds
sesame seeds

beans:

black beans
lentils
chickpeas
pinto beans
white beans

animal proteins:

hard boiled eggs
cheese sticks
yogurt
milk

putting it together

Be creative with your combinations!

Raw or roasted low GI-vegetables + dips:

- cucumbers + hummus
- roasted cauliflower + salsa
- carrots + tahini sauce
- peppers + black bean dip

Raw fruits or vegetables + nut or seed butter: + topping:

- apple slice + nut butter + flax meal
- celery + almond butter + sunflower seeds

Smoothies [1/3 fruit + 2/3 vegetable and liquid]

Chia pudding + fruit + seeds

Hard boiled egg + guacamole/mashed avocado

Cooked quinoa + fruit + milk of choice