



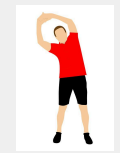
HEALTHY SNACKS

By Julie Cottrell, MS, RD, LD

An overall goal of a healthy plan is to **limit snacking, and instead focus on eating only at meals**. Keep this principle in mind as you read and use this resource. That said, we do sometimes *need* or *want* a snack. And we'd like to feel that we are making a "smart" decision when we do!

- ❖ **Snacks may be useful as you begin your health journey**, especially if your body mostly burns sugar and isn't great <yet> at burning body fat. Ultimately, we want to reach a place where these "quick hits" of new energy between meals aren't needed. But when we aren't yet "**metabolically flexible**", we may need a snack sometimes.
- ❖ **A snack may be strategically used as part of a "Two Meal Per Day" format** - an optional healthy snack is built right into the plan. Many of these options below could work!

OTHER TIPS BEFORE YOU GRAB A SNACK:

	<p>HYDRATION: Staying well-hydrated can prevent unnecessary snacking. Many times we are actually dehydrated, rather than experiencing true hunger. Try drinking a large glass of water and waiting 10-15 minutes. Keeping a Yeti (or large cup) of ice water at your side can help you stay on track with fluid intake as well.</p>
	<p>MINERALS: Being depleted of minerals can also trigger the urge to snack. Try adding a pinch of a quality mineral-rich salt to your water, or eat a pinch of it straight, followed by some water. You may be surprised at how much more energized you will feel just from this! Redmond's Real Salt is a good option.</p>
	<p>MOVEMENT: Your body may just need a distraction from what you are doing. Simply getting up, taking a brief walk, doing a simple chore, or even doing some intentional exercise ("micro workouts" can work well!) may be all you need. See "EXERCISE TIPS" PDF for inspiration.</p>

Some GREAT SNACK IDEAS may be found using these links:

- ❑ Diet Doctor: [Keto Snacks: The Best and the Worst](#)
(Images shown here are from www.dietdoctor.com)
- ❑ Healthline: [27 Healthy and Easy Snack Ideas](#)



STOCK UP FOR MIX-AND-MATCH SNACKS






Use this page for inspiration as you **stock up** on items that could be used as part of a healthy snack. Keeping some of these on hand is a smart strategy. Mix and match based on your particular craving and hunger. This document is meant to show *examples* of healthy options but certainly will not list EVERY healthy option. For each food named, several “top picks” will be listed in terms of brands and/or other useful guidance.

EGGS	CANADIAN BACON	TUNA OR CHICKEN	JERKY	CRACKERS
				
Organic is preferred.. Happy Egg is a good brand.	Substitute with ham or quality deli meat like Boar's Head .	Look for ones <u>without</u> added oil or flavoring (add these yourself!).	Examples: Chomps , Mighty Spark , Paleovalley*	Mary's Gone Crackers , Crunchmaster & Nut Thins are decent.
GREEK YOGURT	COTTAGE CHEESE	STRING CHEESE	CHEDDAR	PRE-SLICED CHEESE
				
Two Good , Oikos , Chobanni and Siggi's are all great.	Good Culture , Nancy's and Daisy are good options.	Regular or reduced fat options are easy to take along.*	Kerrygold is great! And these: 11 High Quality Cheese Brands	Cracker Barrel and Cabot are found at most groceries.
SEASONAL FRUIT	FROZEN BERRIES	BABY CARROTS	CHERRY TOMATOES	MINI CUCUMBERS
				
Fresh, seasonal fruit can be paired with protein and fat.	Store in the freezer; warm up & add to Greek yogurt.	Get organic if you can. Pair with hummus, Ranch or nut butter.	Add to any snack as a fresh item and pop of flavor.	A mini cucumber is the perfect size to slice for a snack.
PEANUT BUTTER	NUTS	GUACAMOLE	PICKLES	OLIVES
				
Best options are made from just peanuts + salt and in a glass jar.	Plain/raw unseasoned ones are best; any variety you like!	Mini guacamole containers help with portion control.	Cleveland Kitchen has probiotics; Grillos is a good one too.	High in sodium - but just a few can be great as part of a snack.

*Avoid PLASTIC any time you can - but sometimes it is simply necessary to have the added convenience for carrying it with you. Use items that are pre-wrapped this way when it makes sense to do so.

CONDIMENTS

If you have some of these items stocked, it can help you create a larger variety of tasty snacks.

MAYO	MUSTARD	TOBASCOS SAUCE*	SALSA/WICKLES	MARINARA SAUCE
				
Avocado oil-based ones are preferred.	Yellow, ground, spicy, dijon - lots of options!	Add some "heat" to eggs and other items.	Add to eggs, deli meat roll ups and more!!	Dip meatballs into it for an easy snack.

*Tabasco sauce has only 3 ingredients and is lower in sodium than some hot sauces.

PAPRIKA	CELERY SEED	HERBAL SEASONING	SEA SALT	GROUND PEPPER
				
Regular or smoked is great on eggs!	Great addition to eggs, tuna salad and more.	Add to almost anything!	Redmond's is outstanding.	Available as black or white pepper.

HELPFUL TOOLS FOR EVALUATING FOODS AND INGREDIENTS:

CORNUCOPIA SCORE CARDS:

Visit www.cornucopia.org to find **SCORE CARDS** that will help you choose the best options in **organic foods**. There are score cards in a variety of categories including: **eggs, dairy, beef, poultry, yogurt, snack bars, cottage cheese, cereals, soy foods** and more. Viewing these can help you see which options receive the highest rankings; you can also check to see where your favorite brands rank.

YUKA APP:

This is a **free app** you can download to your phone. Use it to **scan food labels as you shop**. *Note: If you wish to look up foods without scanning them, there is a fee for that aspect of the app.* The criteria with which foods are ranked is sound; and if a food gets a reduced score, you can look to see which categories were the problem. Sometimes a product will get a lower score just due to **sodium** content; if sodium isn't a particular concern for you, you can overlook that part of the ranking. Use this app to help upgrade one food category at a time, selecting the best option you can find within your food budget. Click [here](#) to learn more.




JERKY

This can be a satisfying and transportable treat. Eat by itself or pair with cheese. Look for the highest quality you can find. Choose ones with the least amount of total ingredients and the least amount of sugar/carbs. Note that these are higher in sodium and may have some other questionable ingredients using the Yuka app. Two preferred options are featured below but other brands may be equally good.

PALEOVALLEY		CHOMPS	
	Use the link above to check out grass-fed beef sticks (offered in a variety of flavors!) and pasture-raised pork and turkey sticks . Subscribe & Save available.		Use the link above to check out grass-fed and finished beef and venison sticks (offered in a variety of flavors) and free-range turkey sticks . Subscribe & Save available; also sold at Walmart and Costco or Sam's Club.




CHEESE

Cheese can be a good item for snacking, particularly when paired up with another item. Try to keep your serving size to one ounce, which is usually 70–110 calories, 6–8 grams protein and 0–1 grams of carbs. Look for higher quality cheeses, if possible; [Kerrygold](#) is an outstanding brand made from **grass-fed cows**. Try pairing a serving of cheese with options pictured below.

Beef Stick + Cheese	Crackers + Cheese	Canadian Bacon + Cheese	Deli Meat Roll Up
			
A beef, turkey or venison stick plus a cheddar cheese or mozzarella stick is a tasty, low-carb snack!	Crunchmaster uses non-GMO grains and is gluten-free. Many flavor options. Pair 4 crackers with one ounce of cheese.	Pair 2 slices Canadian bacon with 1 mozzarella stick cut in half; enjoy it cold or try warming in the microwave for 15 seconds.	Use any quality deli meat + a slice or ounce of cheese; use lettuce for a wrap + mustard and pickles if desired.


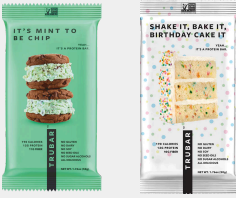


FRUIT

Fruit can be used as part of a healthy snack, but it's best to use a **smaller portion** and to **pair it with a protein and/or fat** to reduce the blood sugar spike that may result. Refer to [FRUIT](#) for a table showing the amount of total and net carbs in many fruit options. Aim for less than 15 grams of net carbs.

FRUIT + CHEESE	FRUIT + COTTAGE CHEESE	FRUIT + NUT BUTTER
		
An example is 1/2 apple + 1 ounce of cheese.	Try it savory with tomato + herbal seasoning.	Also try with cantaloupe, oranges, peaches or berries.
		Try 1 tablespoon nut butter + 1/2 apple.

PROTEIN BARS

While these aren't something I necessarily want to *promote*, they make an easy snack - and may satisfy a craving that other options may not. Examples of ones with REASONABLE ingredients are shown below. Some have more carbs than others; and check to see how they are sweetened. Avoid any with **sucralose**. These can all be pricey. You may find others that are just as good or better than these below (new items come on the market daily!). Look for "**Subscribe and Save**" options to cut costs.

<u>IQ BARS</u>	<u>TRU BARS</u>	<u>PALEOVALLEY SUPERFOOD BAR</u>	<u>LARA BAR MINIS</u>
			
<p>Many flavors; no gluten/dairy/grain; has Lion's Mane adaptogen. Sweetened w/stevia. 180 calories; 11 g carb; 8 g fiber; 12 g protein. Available @ Walmart, Costco, online.</p>	<p>Purchase at Costco, Amazon, Walmart or here. Per bar: 190 calories, 12 g protein, 23 g carbs, 12 g fiber, 11 g net carbs. Non-GMO, no gluten, dairy or sugar substitutes. \$\$\$</p>	<p>Available in 4 flavors. GF; contains grass-fed bone broth + superfood blend. Sweetened w/monk fruit. ~180 calories/bar; 20 g carb, 12 g fiber, 10 g protein. Purchase online. \$\$\$</p>	<p>Uses quality ingredients; 3-6 ingredients per bar; carbs are higher so get the <u>mini</u> version and use as a treat. Per mini: ~110 calories, 12 g carb.</p>

CAUTION: Be careful that you don't *trigger cravings* for other treats and junk food. If you eat one of these and it doesn't hold you till your next meal, then these aren't for you!

AVOID CATEGORY:

- **ATKINS** bars (these contain **sucralose**)
- **PURE PROTEIN** bars are **NOT recommended!** MANY unfavorable ingredients including: **sucralose**, maltitol, maltodextrin, canola oil.
- **ONE BARS** - These have multiple ingredients that are unfavorable: maltitol, **sucralose**, and too many total calories/carbs.

HONORABLE MENTION CATEGORY:

- **SLIM FAST** bars get an honorable mention. The main caution is that they contain the sugar alcohol called **maltitol** which can raise blood sugar a little more than the "net carb" calculations predict.
- **THINK!** bars also get an honorable mention. The ingredients are reasonable, but there are too many carbs in many of them. The **Keto Bar** has 180 calories and 4 g net carbs. The **High Protein** ones have 20 g protein but 22 g carb. They also contain **maltitol** and **erythritol**.
- **RX BARS** are made with whole food ingredients and the number of ingredients is short. However, the calories and carbs are a bit high. Per bar: 210 calories, 12 g protein, 23 g carbs, 3 g fiber, 20 g net carb.
- **RX SUGAR Swealthy Snax** uses allulose as a sweetener and is marketed as something that *may* reduce appetite. Per bar: 80 calories, 3 g protein, 18 g carbs, 8 grams fiber. Biggest drawback is the price. \$\$\$
- **ALOHA BARS:** These are higher in calories (220-260 per bar) but made with quality ingredients. Monk fruit is the sweetener. Each bar has 14 g protein but may have 22-26 g carbs (and 6-10 g fiber).






SHAKES AND SMOOTHIES


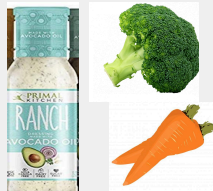

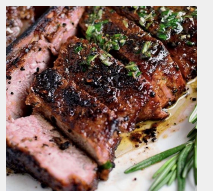
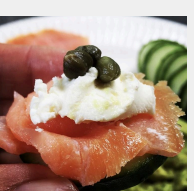
A shake may be an option, especially if you would like a sweeter treat, or for a **higher protein snack**. Also great as a way to stay hydrated! Keep in mind that liquid calories don't last as long since they are quickly absorbed into the bloodstream. Refer to the PDF "**PROTEIN SHAKES**" for help selecting a protein powder if you wish to make a **lower-carb, protein-rich shake**. Making your shake will be easiest if you have a single-serve blender but you can make it in a larger blender too.





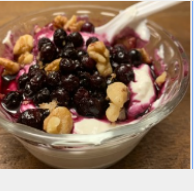


MORE SNACK INSPIRATION!




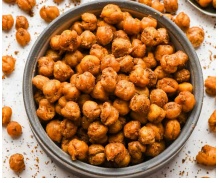

These visuals may inspire you further. Click the links in blue for specific recipes or products.

				
<p>Any deli meat (or Canadian bacon) can be rolled up with mustard and/or cheese + pickles. Laughing Cow cheese works great too!</p>	<p>Add lettuce to the deli wrap for added texture, volume, and crunch. Maybe a slice of pickle too! And bell pepper slivers could provide extra crunch!</p>	<p>Eggs are easy: boil, peel and eat! Add salt or smoked paprika, celery seeds or even a dash of hot chili sauce for variety. Deviled are great too!</p>	<p>If you cook an item like these egg cups in bulk, a single one or two makes an easy snack.</p>	<p>Sliced avocado topped with salt or a dash of "Everything Bagel" seasoning is rich and tasty. Add sliced boiled egg for some protein.</p>

				
<p>Guacamole with sliced veggies. Make "simple" guacamole by smashing avocado + 1 Tbsp salsa. Also try "Wholly Guacamole".</p>	<p>Pair Ranch dressing with a cup of raw veggies or a bite of leftover chicken. Try making your own Ranch Dressing.</p>	<p>"Low Carb Buffalo Hummus" is on the Keto Diet app blog. Serve with crisp veggies like celery and cucumber.</p>	<p>An ounce or two of steak or any leftover meat is satisfying. Meatballs dipped in marinara would also be great!</p>	<p>Smoked salmon on cucumber slices with cream cheese and capers. Or try on a few crackers like these.</p>

				
<p>Leftover salads, like "Broccoli Salad" and "Chicken Salad" are easy. Make in bulk, then enjoy a small portion for a snack.</p>	<p>A tablespoon of peanut butter is ~100 calories. Pair a nut butter with a celery or carrots for added "crunch".</p>	<p>Nuts are tasty and quick, just be careful of portion sizes! 1 oz (1/4 cup) is about 160 calories.</p>	<p>Oikos Triple Zero Salted Caramel flavor topped with 2 Tbsp pecans is a winner! Try other flavors too!</p>	<p>Greek yogurt topped with fresh or frozen berries warmed up with 1-2 tablespoons of your favorite nut is a sweet treat!</p>

A FEW RECIPES FOR HEALTHIER VERSIONS OF PROCESSED SNACKS

POPCORN	KALE CHIPS	CHEESE CRISPS	ROASTED CHICKPEAS	ROASTED KETO SPICED NUTS
				
Pop your own popcorn! Watch this video and use an upgraded recipe like this one .	Kale chips are a low-carb alternative to potato chips. Try this recipe .	These can be eaten as is or paired with hummus, guacamole, added to salads, etc.	Multiple purposes for these! Give this recipe a try and see if these suit your tastebuds!	Spiced nuts often have a sugary coating on them; try this recipe for a lower carb treat.

SUMMARY AND TIPS FOR HIGH QUALITY SNACKS

Maximize satiety for the least amount of calories.

Why spend 300 calories on a snack if you can be satisfied with 200? Look for ways to make calorie-friendly choices and swaps. Maybe you could use cucumbers in place of crackers or try other non-starchy veggies in place of starchy items. Get creative with this!

Choose snacks that won't result in a blood sugar rollercoaster.

Keeping blood sugar reasonably steady is important! If it spikes as a result of lots of carbs and sugars, it will eventually plummet. **A rapidly falling blood sugar can trigger hunger**, making you want to snack again. Avoid snacks that trigger a rapid rise in blood sugar like candy, cakes, pies and many processed items. Even some of the protein bars shown on page 3 could have this effect.

Choose options that won't cause new cravings.

If your snack choice is something that **triggers additional cravings**, it's not a good option. You may WANT something sweet as your snack...but if one cookie will make you want three, it's best not to eat the one. Know yourself and what you can handle.

Use defined portions that tell your brain to stop eating.

Many processed foods come in **large boxes or bags** where there isn't a **natural stopping point**. If you reach your hand into a large bag of chips, you may be inclined to reach into it several more times...and possibly empty the bag! It's best to **portion food out** into a discrete unit that gives your brain a feeling that you ate a complete portion.

Aim for options that provide nourishment most of the time.

Sometimes we snack simply for the taste, crunch or the sweetness of a particular food, and that is ok! But as often as you can, think of snacks as an opportunity for additional **nourishment**. This will help you choose options that have more nutrients or potentially beneficial ingredients in them.

Experiment to find satisfying combinations that provide lasting energy.

A true test of a good snack option is that it will **last you several hours** without wanting or needing something else. Evaluate any snack you typically eat by this standard. If you find that many of your snacks don't meet this criteria, it's time to find some better ones!