

Snack Guide for CARE Plan

Snacks are an important part of meal planning for recovery – they help us move through the day without too many hours passing without eating, and they help to keep feelings of hunger more gentle, rather than feeling ravenous going into our next meal.

As a general rule-of-thumb, try to **combine 2 foods** to create a nourishing and enjoyable snack. For a combo that will leave you feeling extra satisfied, try combining two food groups – a carbohydrate with a protein and/or a fat – this combo provides a good source of energy from the carbohydrates, and helps our stomachs feel satisfied for longer with the fats/proteins.

Here are some sweet and savory snack ideas to get you started!

Sweet	Savory
Granola and yogurt	Chips and guacamole and/or salsa
Cookies and milk	Snap peas or carrots and hummus
Apples and peanut butter	Apples and cheddar or gouda cheese
Ice cream topped with walnuts/pecans	Pears and bleu cheese
Graham crackers and Nutella	Pita bread or chips with hummus
Popcorn mixed with chocolate/M&Ms	Popcorn with mixed nuts
Chocolate hummus and fruit or pretzels	Cheese stick with chips
Trail mix with a piece of fruit	Wheat thins and cheese or cheese dip
Raisins and roasted almonds	Salami/deli meat and BabyBel cheese
Cereal and milk	Tortillas and cream cheese rollups
Granola bar with fruit juice	Caprese (tomatoes, cheese, basil)
Latte/hot cocoa with biscotti	Tuna and crackers
Banana bread and milk/yogurt	Corn chips and bean dip
Yogurt covered pretzels with fruit	Peanut butter pretzel nuggets with milk
Choco covered almonds with milk/yogurt	Chex mix with soda
PB and J sandwich (half or whole)	Bagel with cream cheese
Cottage cheese and fruit (canned or fresh)	Avocado toast
Instant oatmeal with diced nuts or PB	Hardboiled eggs and pretzels or crackers
Dried mango and sunflower seeds	Beef jerky and carrots/cucumbers
Figs or dates with peanut butter	Celery sticks with peanut butter

***Portion sizes are something you can talk individually about with your dietitian - they vary depending on your specific needs, how many snacks you incorporate into a day and can even change from day-to-day*

List your favorite snacks here: