





Easy Snack Ideas

- Your favorite fruit (orange, mango, grapefruit, grapes, pineapple, blueberries, melon chunks, strawberries, peach, plum, etc.)
- Hummus + whole wheat pita
- Hummus + raw veggies
- Raw veggies and (light) Ranch dressing
- Air-popped popcorn + dark chocolate chips
- Dry roasted nuts + fruit
- Peanut butter and jelly sandwich on wheat bread
- Peanut butter + apple or banana
- Peanut butter + whole-grain crackers or pretzels
- Pretzels + low-fat cheese
- Beef jerky + low-fat cheese
- Cottage cheese + dried fruit
- Small bagel and cream cheese
- Small muffin (banana bran, oatmeal, etc.)
- Flour tortilla with cheese and tomato
- String cheese + whole grain crackers
- Trail mix with dried fruit and dark chocolate
- Tuna + whole grain crackers + grapes
- Greek Yogurt + slivered almonds + dried fruit
- Low-fat granola or cereal bar (be mindful of added sugars)
- Avocado + whole wheat toast
- Hard boiled eggs

Serving Sizes

You may not always have a measuring cup or know how much to eat, but you always have your hands with you! Refer to this 'hand equivalent' guide for an easy, on-the-go reference:

Hand Symbol	Equivalent	Foods
	Fist 1 cup	Rice, pasta Fruit Veggies
	Palm 3 ounces	Meat Fish Poultry
	Handful 1 ounce	Nuts Raisins
	2 Handfuls 1 ounce	Chips Popcorn Pretzels
	Thumb 1 ounce	Peanut butter Hard cheese
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar

