









Snack Suggestions

Complex Carb and Lean Protein Combos

Giving your body immediate energy (carbs) with slow release energy (protein) helps control your cravings and your appetite. Choose one or more items from each column for a balanced snack your body will appreciate!






COMPLEX CARBOHYDRATES	LEAN PROTEINS
 Veggies	 Meat and Fish
Broccoli and cauliflower	Chicken/turkey breast
Carrots	Lean roast beef
Celery sticks	Salmon (water-packed)
Cherry/grape tomatoes	Shrimp
Cucumber/zucchini slices or spears	Tuna (water-packed)
Guacamole**	 Eggs
Mushrooms	Hard-boiled (one yolk only)
Peppers	Scrambled egg whites with one yolk
Radishes	 Dairy Products
Salsa (*sodium)	Cottage cheese (*fat, sodium)
 Fruit	Greek yogurt (*fat, sodium)
Apples, pears	Low-fat Ricotta cheese
Bananas	Low-fat string cheese
Berries	Protein (whey) powder
Canned fruit (in juice!)	Tzatziki**
Citrus	Yogurt (*fat, sodium)
Dried fruit (*sugar)	Yogurt cheese**
Grapes	 Raw Nuts and Seeds
Melons	Almonds
Tender fruit (peaches, plums, cherries)	Cashews, pecans, walnuts
Unsweetened applesauce	Peanuts
 Starches	Natural nut butters (*sugar, salt)
Low-fat granola	Peanutty spread**
Oatmeal or Cream of Wheat	Pumpkin seeds (about 1 Tbsp.)
Plain popcorn	Sunflower seeds (about 1.5 tsp.)
Rice cakes (*sodium, sugar)	 Legumes
Shreddies and similar cereals	Hummus**
Sweet and white potatoes	Lentils
100% whole wheat/grain bread/toast	Roasted chick-peas**
Whole grain crackers (*fat, sodium)	Black beans
Whole grain pretzels (*sodium)	Edamame (soy beans)
WW/grain English muffins, bagels	Tofu
WW/grain pita pocket, tortilla or wrap	Tofu spread

* BEWARE the ingredient(s) listed; check labels carefully!





**Recipes follow.

****GUACAMOLE** can be used as a dip with whole grain pitas/crackers, or as a spread for sandwiches and burgers. I've even eaten it on top of my fish! Easily doubled.

Ingredients:

-  1 avocado; slice lengthwise and twist away from the center pit.
-  1 Tbsp. salsa
-  1 Tbsp. lemon juice
-  kosher/sea salt
-  1 clove crushed garlic (secret ingredient); or garlic powder

Directions:

-  Scoop avocado out of the flesh into a bowl; mash with fork.
-  Add rest of ingredients and mix together.
-  Texture is a personal preference. Some people like it smooth; others, chunky.
-  Let it set for a few minutes before eating.

Guacamole can be refrigerated for a couple of days. It may darken, but that is normal.

Michelle Pugh

****TZATZIKI**





Mix low-fat plain Greek yogurt with 1/2 cup minced cucumber, 2 tbsp. chopped fresh parsley and the juice of 1/2 lemon. A little dill gives it extra punch. For a thicker dip, drain the yogurt in a cheesecloth-lined strainer for a few minutes.

****YOGURT CHEESE**

This is now available at the SuperStore in the dairy section, but you can make your own. Put low-fat plain yogurt in a sieve lined with a coffee filter or paper towel and leave to drain. Discard the whey and use the remaining curd as a replacement for cream cheese and sour cream in dips, for baking, as a spread, in meatballs/meatloaf to bind, in casseroles, etc. This doesn't keep well, but can be frozen and then used in baking.

Celinda Crandall

****PEANUTTY SPREAD** This blend cuts calories and fat, but it's delicious spread on a whole grain cracker or used as a dip for apple slices or raw veggies.

-  1/3 c. peanut butter
-  1 c. (about 9 oz.) silken tofu, drained
-  4 tsp. honey
-  2 tsp. lime juice

Use a blender or food processor to mix till smooth; add water if needed. Store in fridge.

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****HUMMUS** Serve as a dip with veggies or pita chips or use as a sandwich spread.

In a blender, puree:

- 540 mL can chick peas (drained and rinsed)

Add and blend after *each* addition:

- ¼ c. tahini (sesame seed paste)
- ¼ c. lemon juice
- ¼ c. plain yogurt
- 1 Tbsp. olive oil
- ½ tsp. ground cumin, salt and pepper to taste

Add and puree till smooth:

- ½ chopped onion
- 2 cloves garlic

Keep in the refrigerator.

Facts on Snacks, Dairy Farmers of Canada (Ontario)

****ROASTED CHICK-PEAS** Eat these to replace the crunch and seasonings of potato chips.

High in fiber and a source of protein, I eat them with raw veggies for an afternoon snack.

Ingredients:

- 1 can chickpeas (garbanzo beans) drained and rinsed. (PC Blue Menu no salt)
- olive or canola oil
- kosher or sea salt
- garlic powder
- cayenne pepper

Don't be afraid to use different seasonings! You could make them sweeter (maple syrup, agave nectar with cinnamon, nutmeg); try different spice blends (sweet Thai chili). The internet has many variations of this recipe (see one below).

Directions:

- Preheat oven to 450 F.
- Blot chickpeas with paper towel to dry them.
- In a bowl, toss chickpeas with oil and season to taste.
- Spread on rimmed baking sheet lined with parchment paper.
- Toss every 10 minutes to cook them evenly.
- Watch carefully for the last few minutes to avoid burning. It's a very fine line!

Michelle Pugh

Another recipe suggested baking them 35-40 min first, then seasoning them thus:

Pour into a large bowl. Lightly coat with olive oil spray. Add 1/8 tsp. cayenne pepper, 1/8 tsp. garlic powder, ¼ tsp. oregano, and sea salt to taste.

Kathleen Daelemans, *Cooking thin daybook*, 2006