

# HEALTHFUL TIPS

## How to Make a Better Snack Pack

The protein packs found at gas stations and grocery stores offer great convenience, but that convenience comes with a high price tag and an excess of fat and calories. Instead, make your own snack packs. You'll be in control of what foods to include and will save some major bucks to boot.

Mix and match foods. Shoot for a total of 100-125 calories for snacks and 200-250 calories for a meal. Buy small divided dishes or divvy bulk foods into re-closable snack bags and meal prep once for the week.

### Peanut Butter Dip

2T powdered peanut butter

2 cartons Oikos Triple Zero Vanilla Yogurt

1/8 teaspoon ground cinnamon

1/2 cup Sugar Free Cool Whip®

Place powdered peanut butter, yogurt, and cinnamon in bowl and mix well. Gently add Cool Whip and stir until blended. Refrigerate until chilled. Serve with apples. Makes 8 (2 tablespoon) servings.

**Nutrition information per serving:** 48 calories, 5 grams protein, 1 grams fat, 6 grams carbohydrate, 26 mg sodium.

FOOD	PORTION	CALORIES	PROTEIN
<b>NUTS AND SEEDS</b>			
Almonds	7	49	2
Peanuts, Dry Roasted	9	51	2
Peanut Butter	1 1/2 t.	45	2
<b>Peanut Butter Dip</b>			
Pistachios	15	51	2
Walnut Halves	4	52	1
Roasted Edamame	2 T.	50	5
Pumpkin Seeds	1 T.	38	2
Sunflower Seeds	1 T.	63	2
<b>DIPS</b>			
Peanut Butter Dip	2 T.	48	5
Hummus	2 T.	60	2
<b>MEATS</b>			
Tuna	1 oz.	28	7
Deli Turkey, Lean	1 oz.	25	5
Deli Ham, Lean	1 oz.	30	5
Deli Roast Beef, Lean	1 oz.	30	6
Grilled Chicken, sliced	1 oz.	27	5
Smoked Salmon	1 oz.	54	7
Turkey Snack Bites	1/2 oz. / 3 bites	40	4
Turkey Jerky	1/2 oz.	40	5
<b>CHEESE</b>			
Babybel, Light	1	50	6
Light String Cheese	1 string	50	7
2% Cheese, Sliced	1/2 oz.	43	3
Laughing Cow, Light	1 wedge	25	3
<b>VEGGIES &amp; FRUITS</b>			
Baby Carrot Sticks	1/2 cup	43	1
Apple Slices, dipped in lemon juice	1/2 small	47	0
Dried Strawberries	1/2 oz.	50	1
Raisins	1/2 oz.	42	0
Prunes	1/2 oz.	48	1
Dates	1/2 oz.	39	1
<b>CRACKERS/OTHER</b>			
Pretzels, mini	10	55	2
Kashi 7-Grain Crackers	4	44	1
Chocolate Chips-NAS	1 t.	23	0