

Build better snacks.

Source: Diabetes Prevention Program

To improve your snack choices, first think about where and when you snack.

A snack you eat often:	Fat grams/calories per serving	Where and when do you usually eat the snack?
1.		
2.		
3.		
4.		
5.		

Are most of your snacks planned or unplanned? _____

For many people, unplanned snacks are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

- Being too hungry
- Being tired or overworked
- Feeling stressed, anxious, bored, or angry
- Seeing or smelling food, or seeing others eating
- Doing certain things or being in certain places (e.g., watching TV)
- Celebrating on holidays or at family gatherings
- Other _____

What could you do to avoid these situations/feelings or handle them differently?

Example: If the TV room triggers eating potato chips for you, you could stop buying potato chips and keep a bowl of fresh fruit in the TV room.

My best snacks.

What food choices, times, and places for snacks work well for you?

How many total fat grams and/or calories for snacks are best?

Fat goal for snacks: _____ grams

Calorie goal for snacks: _____ calories

Use the examples and the “Satisfying Snacks” list on the next page to build 7 “standard” snacks for yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Satisfying Snacks

Choose a healthy snack that matches the taste and texture you're looking for. And remember to watch the portion size.

Crunchy Snacks

- Fresh fruit (apple, pear)
- Raw vegetables (broccoli, carrots, cauliflower, green pepper, celery)
- Low-fat crackers (oyster, Melba, matzo, rice crackers, crispbread)
- Popcorn, air-popped or light
- Pretzels
- Baked tortilla chips
- Baked potato chips
- Rice cakes, popcorn cakes
- Other _____

Chewy Snacks

- Dried fruit (raisins, apricots)
- Chewy breads (English muffin, bagel, pita bread, breadsticks)
- Other _____

Sweet Snacks

- Fresh fruit (orange, banana, cherries, kiwi, grapes, blueberries, strawberries, peach, plum, pineapple, melon)
- Jell-O gelatin
- Licorice
- Hard candy
- Jellied candy
- Low-fat cookies (ginger snaps, graham crackers, vanilla wafers)
- Other _____

Chocolate Snacks

- Coco Puffs cereal
- Fudgesicle, regular or sugar-free
- Chocolate pudding pop
- Chocolate pudding made with skim milk
- Chocolate Instant Breakfast made with skim milk
- Chocolate nonfat milk
- Chocolate graham crackers
- Other _____

Smooth or Frozen Snacks

- Applesauce, unsweetened with cinnamon
- Pudding, made with skim milk
- Yogurt, nonfat
- Nonfat cream cheese on a graham cracker
- Frozen yogurt, nonfat
- Sherbet
- Ice milk
- Frozen fruit bars
- Lemon ice
- Frozen grapes, bananas, berries
- Popsicle
- Other _____