



## SNACK SMART!



### 1. Build a smart snacking environment

Shop for healthy foods and prepare them

Designate “eating” and “non-eating” zones

Check healthy options at restaurants

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### 2. Ask yourself why you want to snack.

Hunger, boredom, emotions, habit, craving, social cue, environmental trigger...?

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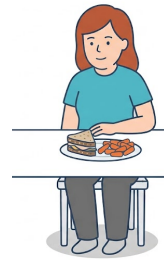


### 3. Build a healthy snack

1-3 portions of healthy foods with fiber, protein, and/or healthy fat to balance any carbohydrates

Check the snack list to find options

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#### 4. Eat your snack mindfully

Serve on a plate or bowl, sit down, enjoy the snack's flavors and textures, and eat slowly

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#### 5. Log your snack!

Tell your Lark coach what you ate, how much, and any details like condiments and beverages

**Healthy Snack List BELOW!**



## Healthy Snack List

### Quick and Easy

- Apple slices with peanut, almond, or sunflower seed butter
- Celery sticks or baby carrots with hummus or guacamole
- Cucumber slices with chili, lime, and cotija cheese
- Strawberries or blueberries alone or with a sprinkle of nuts, seeds, or feta cheese
- Unsweetened whole-grain cereal like Oat Os
- Sugar snap peas or green beans with cottage cheese
- [Whole-grain pita chips](#) with salsa
- Sliced bell peppers with tzatziki or greek yogurt ranch
- Cherry tomatoes drizzled with balsamic glaze and fresh basil
- Pear slices with a slice of sharp cheddar cheese
- Banana slices topped with almond butter and a sprinkle of cinnamon
- Rice cake topped with ricotta cheese and fresh raspberries
- Edamame in the pod sprinkled with sea salt or chili flakes (1/2 cup)
- Frozen grapes or mango chunks (1 cup)

### Simple Protein

- Hard-boiled egg
- Plain nonfat yogurt or Greek yogurt
- Low-fat string cheese stick
- Cooked skinless chicken
- Canned fat-free refried beans
- Canned drained garbanzo, black, or pinto beans
- Deli turkey breast slices rolled up with spinach or a pickle spear (3–4 slices)
- Edamame hummus with sliced radishes
- Sardines or canned salmon on whole-grain crackers (2–3 crackers)
- Tofu cubes tossed with low-sodium soy sauce and sesame seeds
- Beef or turkey jerky (low sodium / low sugar, 1 oz)
- Roasted chickpeas (1/4 cup)

### Prepared Salads

- Hard-boiled egg or egg whites mixed with Greek yogurt and chopped vegetables
- Whole-grain pasta, quinoa, or brown rice with chopped vegetables, olive oil, vinegar, lemon juice, and parsley, mint, or cilantro
- [Creamy tuna salad](#)
- Cucumber, tomato, and red onion salad with a touch of olive oil and feta
- Black bean and corn salad with lime juice, cilantro, and diced red onion
- Cold lentil salad with diced cucumber, peppers, and lemon vinaigrette



### Healthy Grains

- Frozen whole-grain waffle with berries or cottage cheese
- Whole-grain toast with avocado or peanut butter
- Brown rice cakes with low-fat cheese
- Plain oatmeal made with milk or almond milk
- Roasted bell peppers stuffed with quinoa and chopped vegetables
- Air-popped popcorn
- Whole-wheat tortilla pinwheels with light cream cheese and spinach
- Overnight oats made with chia seeds and almond milk
- Sourdough toast topped with cottage cheese and sliced tomatoes
- Whole-grain English muffin topped with tomato sauce and melted part-skim mozzarella
- Farro or barley salad bowl with lemon juice and shaved parmesan
- Whole-wheat lavash or pita pocket stuffed with cucumbers and hummus

### Cooked Vegetables

- Sweet potato sticks tossed with olive oil
- Baked carrot sticks with olive oil and parmesan cheese
- Kale chips baked with olive oil and sea salt
- Grilled or steamed or roasted corn on the cob
- Roasted [cauliflower florets](#) tossed with turmeric or paprika
- Zucchini fries baked with a light coating of panko and parmesan
- Steamed broccoli florets with a light drizzle of olive oil and lemon juice
- Air-fryer green bean fries with garlic powder, 1 oz of cheese
- Grilled portobello mushroom slice with melted mozzarella