

Satisfying Snack Ideas

For a snack that keeps you going strong until the next meal, try combining a fruit or vegetable with a protein source. Add a slice of whole-grain bread or whole-grain crackers if you need extra more to eat. These are some of our favourite combinations, but you can mix and match, of course!

Peanut butter

with banana, celery, apple, whole grain toast...

- ✓ Pick natural (oil on top) peanut butter if you can.
- ✓ Try sunflower seed butter (with no sugar added) if you need a nut-free option.

Cheese

... with crunchy veggies like snap peas or fruit like apple or pear.

Hummus

... with carrots or whole-grain crackers.

- ✓ Triscuits (try the low-sodium), Crunchmaster Multi-Grain, Finn Crisp are all whole grain.

Nuts

... with grapes or mandarin oranges.

- ✓ Nuts keep you going and curb your appetite, thanks to a combination of healthy fat, fibre, and protein.
- ✓ Just about any nut or seed makes a great snack - try tamari almonds, peanuts, cashews, pistachios...

Hard-boiled eggs

... seasoned with pesto, Dijon mustard, hummus, or guacamole. Or scramble with cheese.

- ✓ Eggs are a great source of high quality protein and other nutrients.

Avocado

... on sprouted-grain toast with lime and sea salt.

- ✓ Avocado is a healthy fat, rich in vitamin E and fibre!

Plain Greek yogurt

... with thawed frozen mango or cherries and/or whole almonds.

- ✓ Higher fat Greek yogurt may be more satisfying and the small amount of extra fat is unlikely to impact heart health.

Popcorn

... tossed with parmesan cheese or nutritional yeast.

- ✓ Popcorn is a whole grain with loads of fibre.

Canned fish

... on cucumber slices or whole-grain crackers.

- ✓ Don't knock it 'til you try it! Canned sardines, mackerel, even herring pack a nutrition punch and have a dedicated following.

Roasted chickpeas

... with sea salt, chili or curry powder, or your favourite spice blend.

- ✓ Also great on salads as a substitute for croutons.

Cottage cheese

... with pineapple or pear.

- ✓ Cottage cheese is higher in sodium, but it packs a protein punch.

Chia jam

... with plain yogurt, on toast with peanut butter, or on it's own.

- ✓ [Try this recipe.](#)

Coffee or tea

... with milk or a plant-based alternative if you find lattes satisfying.