



Build a better snack



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Eating a balanced snack

can be an important part of your day, especially if your meals are more than four hours apart. Here are some smart snacking tips.



Benefits of balanced snacking

- Satisfies hunger between meals and curbs cravings
- Can help meet daily nutrient needs
- Boosts energy levels
- Stabilizes mood
- Provides brain power

How to build a better snack

Choose an item from each column to create a balanced snack that combines a carbohydrate with fiber and a protein and/or fat. Carbohydrates provide energy, while the protein and fat help you feel satisfied longer.

CARBOHYDRATES

Apple or pear slices
Whole wheat crackers
Carrots
Banana
Whole wheat bread
Berries
Celery sticks
Dried fruit
Baked tortilla chips
Sliced bell pepper
Popcorn
Dry whole grain cereal

PROTEINS AND/OR FATS

Guacamole
Mozzarella cheese stick
Cottage cheese
Nut/seed butter
Almonds
Pumpkin seeds
Hard boiled egg
Pistachios
Hummus
Roasted chickpeas
Deli turkey, ham or roast beef



Shopping tip

Use Guiding Stars®,

a nutrition guidance program, to help you quickly navigate to foods with more vitamins, minerals, fiber, whole grains and omega-3s and less saturated fat, trans fat, added sugar, sodium and artificial colors.

Just follow the stars while you shop!

