



MAKING SNACKS WORK FOR *You*

Seattle Sutton's Healthy Eating provides balanced, portion-controlled meal plans to support your health goals. On our **Dietitian-Designed Plans**, 2-3 daily servings of dairy are included in the nutrition calculations but not provided. You can enjoy them as recommended or use the 200-300 "Flex Calories" to substitute with healthy snacks from this guide—or combine dairy and snacks to boost your overall calorie intake. If you're on a **Choose Your Own Meals** plan, this guide can also help you add smart snacks to meet your calorie needs.

SMART SNACKING TIPS

✓ **Build Calories Wisely**

Snacks can fill calorie gaps—just be sure to include them in your daily total.

✓ **Use Dairy as Flex Calories**

Use your 100-calorie dairy as a "flex serving" and swap for other foods—just check labels to stay on track.

✓ **Choose Quality Snacks**

Not all snacks are created equal. Pick whole foods with protein + fiber to stay full longer.

✓ **Snack Mindfully**

Avoid eating straight from the bag or box. Portion snacks into a bowl or plate to avoid overeating.



**100 CALORIE SNACKS (1 FLEX SERVING)**

- 1 cup Vegetables with 2 tbsp Hummus
- Medium Fresh Fruit (about the size of a fist)
- Hard-boiled egg
- Unsalted Nuts: 14 Almonds or 20 Pistachios
- 3 cups of Air-Popped Popcorn
- 1 serving Wasa Light Rye 6 Low-Sodium Triscuits
- 1/2 cup Low-Fat Cottage Cheese
- 1 container Fat-Free Greek Yogurt
- 1 Low-Fat String Cheese
- 1/2 cup Edamame
- 1 Frozen Fruit Bar
- 1 large stalk of Celery with 1 tbsp of Peanut Butter

**200 CALORIE SNACKS (2 FLEX SERVINGS)**

- Apple or Small Banana with 1 tbsp of Peanut Butter
- 12 Baked Tortilla Chips with 1/4 cup Salsa
- 1/2 Whole-Wheat Pita with 100-calorie Pack of Guacamole
- 1/2 cup Low-Fat Cottage Cheese with Fruit
- 1 container Fat-Free Greek Yogurt with Fruit
- 1/4 cup Trail Mix
- Whole Grain Crackers with 1 oz of Cheese
- 1 small Sprouted Grain Tortilla, 1 oz Melted Cheese & 2 tbsp of Salsa
- 1oz Dark Chocolate 1/2 cup Cherries (or other fruit)
- 1 cup Whole Grain Cereal with 1 cup of Milk



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