



FAQ'S

Snacking & Flex Calories

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

Still have questions? Visit www.seattlesutton.com or call 800-442-3438