

# Meal and snack options

Nutritious snacks or mini meals throughout the day can provide a steady supply of energy to your brain and muscles. They also keep your blood glucose levels well balanced. Eating more frequently can help meet your energy needs. And it can control hunger levels to prevent over-eating later in the day and into the evening.

## Snacks with about 15 grams of carbohydrate and 7 or more grams of protein

- Apple slices with 2 tablespoons peanut butter
- String cheese or a slice of cheese (1 ounce) with a pear or 15 grapes or cherries
- 1 slice of toast with peanut or almond butter
- 1/4 cup nuts or seeds with a medium piece of fruit
- 1 cup of cantaloupe or other melon with 1/2 cup cottage cheese
- 1/2 sandwich (tuna, grilled cheese, egg salad, peanut butter, etc.)
- Carrots with 1/2 cup hummus
- 2 corn tortillas with melted cheese and veggies
- 1/2 pita pocket with hummus, cheese, or peanut butter
- 1 slice toast with a scrambled egg
- 15-20 tortilla chips with cottage cheese and salsa
- 1 cup of plain Greek yogurt or 1/2 cup sweetened yogurt with a sprinkle of granola
- Mini bagel with cream cheese or peanut butter
- 1 cup shelled edamame (whole soybeans)
- Tuna or egg salad on 10 Wheat Thins or 6 Triscuit crackers

## Snacks with about 30 grams of carbohydrate and 7 or more grams of protein

- 1/2 tuna sandwich with 12 cherries
- Smoothie – blend 1/2 cup plain yogurt with 1/2 banana, 1/2 cup frozen berries or other frozen fruit, and 1 cup of almond or coconut milk
- 5 whole-grain crackers with cheese and a nectarine or peach
- 1/2 cup of trail mix and a string cheese
- 1/2 sandwich (tuna, grilled cheese, egg salad, peanut butter, etc.) with 8 ounces of milk

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## Additions that will add little carbohydrate

- Veggies, any type – sugar snap pea pods, jicama, bell peppers, carrots, broccoli, etc.
- Cheese, cottage cheese, nuts, seeds, eggs, meat, and fish (good protein sources)
- Pickles, olives

## Breakfast ideas – 30-45 grams carbohydrate

Start your day with a variety of foods to help keep you feeling satisfied and energized. Breakfast is a great time to include protein, whole grains, and fresh fruit or vegetables. Include some nuts or seeds for heart-healthy fat, fiber, and protein.

### Some menu suggestions:

- 1 cup oatmeal, cooked (30g carb)  
1/2 cup milk (6g carb, 4g protein)  
1/4 cup dry roasted walnuts or raw almonds (7g protein, 15g fat)  
Sweeten with cinnamon, vanilla extract, 1 teaspoon honey or brown sugar (5g carb)
- 1/2 100% whole-wheat bagel (25g carb)  
2 tablespoons cream cheese (7g fat), or 2 tablespoons natural peanut butter (6g protein, 16g fat)  
1 teaspoon jelly (4g carb)
- 1/2 cup cottage cheese (14g protein)  
1/2 cup berries or fresh fruit (5-15g carb)  
1/4 cup granola or whole-grain cereal (10-15g carb)  
10 nuts sprinkled with cinnamon (5g fat)
- 1 100% whole-wheat English muffin (20g carb)  
2 tablespoons natural peanut butter (6g protein, 16g fat)  
1 teaspoon jam (5g carb)
- 2 4-inch whole-grain waffle squares (26g carb, 6g fat)  
1 teaspoon fruit jam (5g carb)  
2 tablespoons natural peanut butter (6g protein, 16g fat)
- 1 100% whole-wheat English muffin (20g carb)  
1 egg (7g protein, 4.5g fat)  
Soy sausage patty (5-7g protein)  
Lettuce, spinach, tomato slices  
Ketchup or hummus for spread
- 1-2 cooked eggs (7-14g protein, 4-8g fat)  
1 cup oatmeal, cooked (30g carb)  
1/4 cup grated cheese (7g protein, 8-10g fat)  
Chopped spinach, salsa
- Breakfast burrito  
1 flour tortilla (25g carb) filled with 1-2 scrambled eggs (7-14g protein, 4-8g fat), chopped veggies, 1/4 cup grated cheese (7g protein, 8g fat), and salsa

## Lunch/Dinner ideas – 30-45 grams carbohydrate

Aim for fiber-rich servings of whole grains, fruit, vegetables, and beans. Add a lean protein source from meat, fish, eggs, beans, soy, or dairy. It's OK to add some heart-healthy fats from oil, nuts, seeds, or avocado.

### Some menu suggestions:

- Tuna Pasta Salad
  - 1 cup cooked whole-wheat pasta (40g carb)
  - 3 oz. drained tuna (21g protein)
  - 1/2 cup shredded carrot
  - 1/2 cup shredded zucchini
  - Minced celery and onion
  - 2 tablespoons Italian dressing (10g fat)
  - Mix everything together and serve on a bed of salad greens
- Pita Pocket Sandwich
  - Fill 1 whole-wheat pita (30g carb) with 2-3 ounces salmon or tuna salad (14-21g protein), chopped celery, shredded carrot, lettuce, and 1 tablespoon mayo (5g fat)
  - Serve with raw veggies
- Sandwich
  - 2 slices whole-grain bread (40g carb), 2-3 oz. tuna or egg salad (14-21g protein), light mayo or mustard, tomato slices, and lettuce
  - Serve with carrot sticks and tossed salad with 2 tablespoons salad dressing (10g fat)
- 1 cup vegetable, bean, or tomato soup (carbs vary)
  - 1 slice whole-wheat bread (20g carb) topped with 1 ounce melted mozzarella cheese (7g protein, 5g fat)
  - Carrot sticks, broccoli pieces, and/or celery sticks
- 1/2 cup cottage cheese (14g protein, 4g fat)
  - 6 slices Akmak or other whole-grain cracker (20g carb, 4g protein, 4g fiber)
  - Tossed salad with 2 tablespoons dressing (10g fat)
  - 10 nuts (5g fat)
  - 1/2 cup fresh fruit (15g carb)
- Chefs salad
  - 1-2 hard-boiled eggs (7-14g protein)
  - 1 ounce Swiss cheese (7g protein, 5g fat)
  - 2 cups mixed greens and veggies
  - 2 tablespoons Italian dressing (10g fat)
  - Serve with 10-15 whole-grain crackers (25-30g carb)
- Veggie-potato
  - 8-ounce baked potato (30g carb), topped with 1 cup broccoli, tomatoes, green onions, and mushrooms; 1/4 cup beans (10g carb, 3g protein); 1/4 cup grated Cheddar cheese (7g protein, 8g fat); salsa, and 2 tablespoons plain Greek yogurt
- 3-4 ounces broiled halibut (21-28g protein, 6-8g fat)
  - Medium baked sweet potato or yam, or 1 cup winter squash (30g carb)
  - Steamed broccoli with lemon and pepper
  - Side salad with 2 tablespoons balsamic vinaigrette (10g fat)

- 3-4 ounces baked salmon fillet (18-24g protein, 10-14g fat)  
Steamed greens, carrots, and zucchini  
1 cup cooked quinoa, whole-wheat couscous, buckwheat, or brown rice (45g carb)  
Green salad with 1-2 tablespoons dressing (5-10g fat)
- Fajita:  
1/2 cup black or pinto beans (20g carb, 6g protein) with 3 corn tortillas (25g carb) or 1 whole-wheat flour tortilla (25g carb)  
Top with salsa, lettuce, tomato, peppers, and onion; 1 ounce cheddar cheese (7g protein, 8g fat); 1/4 avocado (10g fat)  
1/4 cup plain Greek yogurt (3g carb, protein and fat content varies)
- Tacos  
2-3 corn tortillas (20-30g carb), filled with 1/2 cup refried beans (20g carb, 6g protein), 1 ounce cheddar cheese (7g protein, 7g fat), 1/4 cup plain Greek yogurt (3g carb, protein and fat content varies), salsa, lettuce, tomato, peppers, and onion
- Leftover protein from last night's dinner (grilled meat or fish) over salad greens with a dollop of cottage cheese (protein) and a drizzle of a favorite salad dressing (fat).