

Sehat Snacks

Do you have a job where you sit most of the day and are inactive throughout the day?

If so, these snacks will give you an energy boost between meals and prevent you from overeating at mealtime, which leaves you feeling sleepy/sluggish.

Why you are snacking? Are you bored or hungry?

Eating out of boredom can lead to weight gain. Recognize real hunger cues

Limit your snacks to no more than 3 a day.

Fruit Options



1 medium fresh fruit (eg. Banana, pear, apple or orange)



250 ml (1 cup) fresh/frozen/canned cantaloupe, berries (eg. Cherries, blueberries, strawberries, raspberries) or grapes



250 ml (1 cup) low fat plain yogurt with mandarin oranges or berries and sprinkled with granola



250 ml (1 cup) fruit Sehat Lassi (smoothie) made with low fat yogurt, water, fruit and flaxseed.

Vegetable Options



250 ml (1 cup) mixed green salad with 1 Tbsp low fat salad dressing



250 ml (1 cup) of mini carrots, cut up cucumbers, cherry tomatoes or other raw vegetables

Nut Options



60 mL (1/4 cup) Unsalted soy nuts



60 mL (1/4 cup) Sehat Trailmix, made with almonds, walnuts, pumpkin seeds, and raisins

Sweet Options



3-4 arrowroot cookies



125 ml (1/2 cup) low sugar kheer with nuts (1tbsp)



1 small home baked bran muffin

Dairy Options

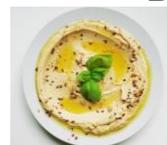


250 ml (1 cup) of plain milk or chocolate milk (1% or 2%)



125ml (1/2 cup) low fat plain yogurt

Bread Options



1 slice of whole grain/whole wheat bread or flat bread (eg. Pita, Naan, or Roti) with 1 Tbsp of hummus



2 slices of whole wheat toast with 1Tbsp of natural peanut butter or nut butter



1 English muffin with 1Tbsp of melted low fat cheese and apple slices

For more information visit www.fraserhealth.ca/sahi or email at SouthAsianHealth@fraserhealth.ca

This information does not replace the advice given to you by your health care provider.