

4

WAYS TO GET PROTEIN IN YOUR SNACKS

SNACK #1 - TUNA ON CRACKERS

- 5 whole wheat, baked crackers (**1 choice of starch**)
- ½ can tuna (**2 choices of protein**)
- 1 tablespoon reduced fat mayonnaise (**1 choice of fat**)
- Salt and pepper



| Meal | Protein | Milk | Fruit | Vegetables | Starch | Fat |
|-------|---------|------|-------|------------|--------|-----|
| Snack | 2 | 0 | 0 | 0 | 1 | 1 |

SNACK #2 - HUMMUS (fortified with Beneprotein®)

- ⅓ cup of Hummus (**1 choice of protein**)
- 1 package of Beneprotein® (**1 choice of protein**)
- 1 cup of raw assorted vegetables (**1 choice of vegetables**)



| Meal | Protein | Milk | Fruit | Vegetables | Starch | Fat |
|-------|---------|------|-------|------------|--------|-----|
| Snack | 2 | 0 | 0 | 1 | 0 | 0 |

SNACK #3 – APPLESAUCE (fortified with Beneprotein®)

- ½ cup unsweetened applesauce (**1 choice of fruit**)
- 1 package Beneprotein® (**1 choice of protein**)



| Meal | Protein | Milk | Fruit | Vegetables | Starch | Fat |
|-------|---------|------|-------|------------|--------|-----|
| Snack | 1 | 0 | 1 | 0 | 0 | 0 |

SNACK #4 – GREEK YOGURT (fortified with Beneprotein®)

- ⅔ cup (160 mL) flavored Greek yogurt (**1 choice of protein**)
- 1 package Beneprotein® (**1 choice of protein**)



| Meal | Protein | Milk | Fruit | Vegetables | Starch | Fat |
|-------|---------|------|-------|------------|--------|-----|
| Snack | 2 | 0 | 0 | 0 | 0 | 0 |