

Protein + Fiber Snack Builder™

Combine protein and fiber-rich foods to create satisfying snacks that support steadier energy between meals.

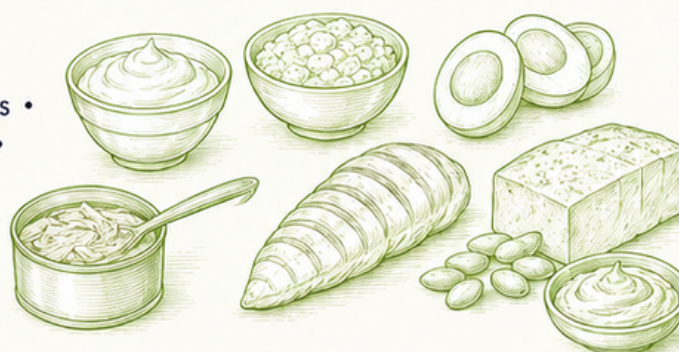
Choose one protein and one fiber-rich food.

Add a healthy fat or flavor boost if it makes the snack more satisfying.

1 Choose a Protein

Greek yogurt • Cottage cheese • Eggs •
Chicken or turkey • Tuna or salmon •
Tofu or edamame • Hummus •
Unsweetened seed butter

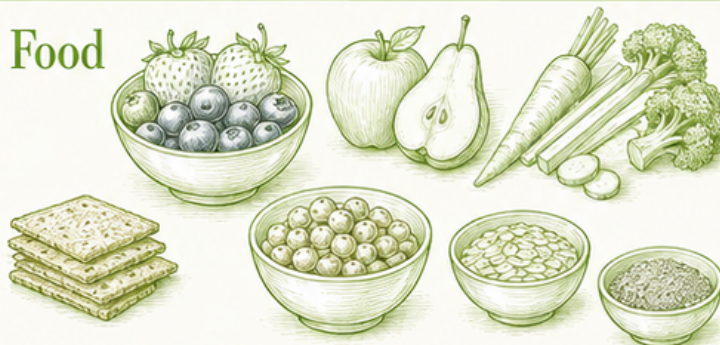
Start with a protein you enjoy and that fits your appetite.



2 Add a Fiber-Rich Food

Berries • Apple, pear or orange •
Raw or roasted vegetables •
Whole-grain crackers •
Roasted chickpeas • Oats •
Chia or ground flax

Fruit, vegetables, legumes and whole grains can add fiber, color and texture.



3 Add Flavor or Healthy Fat, If Needed

Avocado • Pumpkin, hemp or sunflower seeds • Olives •
Tahini • Cinnamon • Fresh herbs • Lemon or lime •
A favorite spice blend

Use enough to make your snack enjoyable and satisfying.



Easy Combinations

- Greek yogurt + berries + chia
- Cottage cheese + pear + pumpkin seeds
- Egg + whole-grain crackers + sliced vegetables
- Hummus + vegetables + seed crackers
- Tuna or salmon + whole-grain crackers
- Edamame + a piece of fruit



Still Hungry?

Your snack may need a larger portion, more protein or a more substantial meal.



Martine's Midlife Wellness Tip

A snack does not have to be tiny. Choose enough food to comfortably carry you to your next meal.



Snacks are optional. If your meals keep you comfortably satisfied, you may not need one. Adjust all choices for allergies, medical conditions and personal guidance.