**Mix & Match Snack Ideas**

|  |  |
| --- | --- |
| **Carbohydrate** | **Protein** |
| **1 cup of mixed berries** | **6oz. low-fat Greek yogurt** |
| **1 piece of fresh fruit (apple, banana, orange, peaches, grapefruit, etc.)** | **2% string cheese** |
| **1 serving whole-wheat crackers** | **¼ cup hummus** |
| **1 slice whole-wheat bread/ pita pocket** | **1-2 tablespoons nut butters (peanut butter, almond butter)** |
| **1 granola bar (Nature Valley, Kashi, chewy or crunchy)** | **2 tablespoons almonds** |
| **2-4 graham crackers** | **1 serving pistachios** |
| **1 serving popcorn**  **(light, SmartPop)** | **1-2 oz. turkey roll up** |
| **1 Kashi granola bar** | **8-12 oz. low-fat chocolate milk** |
| **1 That’s It. Fruit Bar** | **½ cup low-fat cottage cheese** |
| **1 serving pretzels** | **2 Chobani Greek yogurt tubes** |
| **¼ cup banana chips, apple chips, or dried fruit** | **1 slice 2% cheese** |
| **1 serving applesauce**  **(no added sugar)** | **1 egg** |
| **1 cup grapes** | **Light tuna in water (snack pack)** |

**Snack = 1 Carbohydrate + 1 Protein**

**(pick one snack from each group)**

Amy Goodson, MS, RD, CSSD, LD

TCU Sports Dietitian

[amygoodson@alumni.tcu.edu](mailto:amygoodson@alumni.tcu.edu)

817-250-7512

Juliana Elandary, MS, RD, LD

TCU Sports Dietitian

[j.elandary@tcu.edu](mailto:j.elandary@tcu.edu)

817-524-9729