

High Protein Snacks I LOVE!

Eating protein is super important for multiple reasons. For starters, it keeps us full and satiated often providing a small amount of calories that hold the average person over for 3 hours at least. It is important to eat 70 grams of protein a day (give or take some) to prevent muscle breakdown from occurring. Each time you go more than 4 hours without eating your muscles breakdown just a little bit more causing your metabolism to be affected (makes it slower) so yes – eating adequate amounts of protein is one of the only proven ways to support a fast metabolism. Eating protein is also important for proper function of the nervous system which in turn supports good positive behaviors and habits!

It is important to eat protein with your snacks 1-2x per day and of course at every meal!

1. Oikos triple zero yogurt, Fat free or low fat plain Greek yogurt, or A “Hint of Sugar” low sugar Chobani Greek yogurt (10-16 grams of protein)
2. KIND Nut bars, Think Thin Bars
3. 4 Thin Stacks Rice Cakes with Nut Butter (2 tb)
4. Low Sodium Deli Turkey or Ham (4) + (2) Slices American Cheese
5. Low Fat Cottage Cheese + Walnuts + ½ Cup fruit
6. 7 Grain Kashi Pita Chips + Avocado (guacamole to go)
7. 100 Calorie Nut Packs + Orange
8. Trail mix: 1 oz almonds, high fiber cereal, 1/4 cup raisins, 1 Tbsp chocolate chips
9. Apple Slices + 1 tb Peanut Butter
10. Hard-boiled eggs (1) or Egg white muffins (1 egg and 3-4 egg whites, mixed veggies, baked in muffin cups)
11. Polly – O – Mozzarella String Cheese + 10- 15 grapes
12. Peanut butter banana protein smoothie: Unsweetened almond milk, 1 scoop protein, 1 frozen banana, 1 Tbsp natural PB or 2 Tbsp PB2

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