BUILD-A-SNACK

FOR A HEALTHY SNACK THAT WILL GIVE YOU CONSISTENT ENERGY AND KEEP YOU FULLER FOR LONGER, CHOOSE A SNACK THAT CONSISTS OF SOURCES CONTAINING AT LEAST 2 OF THE 3 MACRONUTRIENTS.

1. PICK A HEALTHY PROTEIN SOURCE

- Hard-boiled eggs
- Cottage cheese
- Yogurt
- Biltong
- Tuna or chicken
- Whey, soy, or pea protein powder
- Legumes e.g. beans or lentils (also a carb)
- Hummus
- Edamame beans
- Milk or soy milk (other types of milk alternatives are low in protein)

2. PICK A HEALTHY FAT SOURCE

- Avocado
- Raw nuts
- Seeds e.g. chia seeds, flax seeds, pumpkin seeds
- Nut butters
- Olive oil/flaxseed oil
- Mayonaise

Take note: protein sources like fatty fish, eggs, and some dairy products also contain fat.

Likewise, nut butters also do contain some protein, but contain a higher ratio fat than protein and are therefore classified as a ' fat"

3. PICK A HEALTHY CARB SOURCE

- Whole fresh fruit e.g. apples, oranges, berries etc.
- Whole grain crackers
- Whole wheat bread or wraps
- Starchy vegetables like squash, sweet potato and potato
- Non-starchy vegetables like celery cucumber, tomatoes, carrots and sugar snap peas
- Whole wheat couscous or pasta
- Legumes e.g. beans, chickpeas or lentils (also a source of protein)

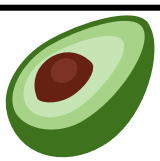
HEALTH ELEVATION NUTRITION

BUILD-A-SNACK OR MEAL: on-the-go examples

FOR A HEALTHY SNACK OR MEAL THAT WILL GIVE YOU CONSISTENT ENERGY AND KEEP YOU FULLER FOR LONGER, CHOOSE A SNACK THAT CONSISTS OF SOURCES CONTAINING AT LEAST 2 OF THE 3 MACRONUTRIENTS.

1. PICK A HEALTHY PROTEIN SOURCE

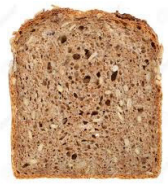




2. PICK A HEALTHY FAT SOURCE



3. PICK A HEALTHY CARB SOURCE



PUTTING IT TOGETHER



HEALTH ELEVATION NUTRITION