### BRIGHAM HEALTH



BWH BRIGHAM AND WOMEN'S Center for Metabolic and Bariatric Surgery

# SNACK LIST

## Step 1: Pick your protein source

## **Protein Base**

- Fat-free Greek Yogurt (ex: Chobani Simply 100, Dannon Oikos Triple Zero, Dannon Light & Fit, Yoplait 100 Greek, Fage Plain)
- Part skim/light/low-fat cheese stick
- Mini Babybel light Cheese
- Light or fat-free ricotta cheese mixed with your favorite extract •
- Low-fat cottage cheese
- Hardboiled egg
- Turkey Jerky (ex: Perky Jerky) •
- Simply Snackin' Dried Chicken Breast •
- Frozen Protein Shake Slushy or Protein Popsicle
- Special K protein bites •

## Step 2: Pair with fiber

### **Fiber Additions**

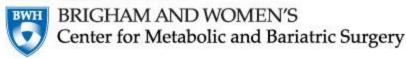
- Fruit (apple, berries, peaches, cantaloupe, banana, orange, pear) •
- Vegetables (grape tomatoes, carrot sticks, pepper sticks, cucumber slices) ٠
- High fiber cereal (Kashi Go Lean, Fiber One, Bran Flakes, Kay's Naturals Protein Cereal)
- Harvest Snaps Snap pea crisps
- Go Raw Flax snack

## Enjoy and feel satisfied!

### Other snack ideas:

- 1/4 cup nuts •
- <sup>1</sup>/<sub>4</sub> cup Biena/ The Good Bean Chickpea Snacks (many stores)
- ¼ cup Genisoy Soy Nuts (www.amazon.com, Wegman's)
- Crunchy seasoned dry peas
- Kay's Naturals Protein Chips (Walgreens, Stop and Shop) or Quest protein chips
- Seapoint Farms Dry Roasted Edamame (Marshalls, TJ Maxx, Home Goods, 7-11, Shaw's, Stop and Shop, Wegmans)
- U-Be-Livin-Smart<sup>™</sup> "Karma"ffins (Protein Muffin) (www.ubelivinsmart.com)
- Fit and Lean Power Pak Pudding (GNC, The Vitamin Shoppe)
- Rice cake w/ 1 TBSP peanut butter/nut butter or 2 TBSP hummus
- 1/3 cup Ola GF No nut vanilla granola •

## BRIGHAM HEALTH



• Protein/Snack Bars  $\rightarrow$  Follow this rule:

### Grams of protein + grams of fiber should be greater than grams of sugar.

 Atkin's\*, Fiber One Protein, Kashi Chewy Granola Bars, Nature Valley Protein, Pure Protein\*, Quest Bars\*, Trader Joe's Fiberful Granola Bars, Think Thin 150cal bars\*, Think Thin Protein Nut Bar, Oatmega, Nugo Slim, Nogii Protein D'Lites (Cookie & Cream flavor only), Health Warrior Superfood Protein Bar

\*These bars contain sugar alcohols and may cause discomfort for some patients.

### **Quick Guide to Label Reading:**

Turn product over and find protein, fiber, and sugar on the nutrition facts label. Follow this rule:

## Grams of protein + grams of fiber should be greater than grams of sugar.

If protein + fiber are greater than sugar  $\rightarrow$  the product is likely a good choice If protein + fiber are less than sugar  $\rightarrow$  there is likely a better option to choose

This rule can apply to many packaged foods. It is especially helpful when comparing protein bars, cereal, bread products, and instant oatmeal.

Nutritic Serving Size	on Fa		ar (35
Amount Per Ser	ving	201294 - 20 - 1	
Calories 140	C	alories fro	m Fat 4
		% Dail	y Valu
Total Fat 5g	and and a second		8
Saturated Fat 0.5g			3
Trans Fat	Og		
Polyunsat	urated Fa	t 1.5g	
Monounsa			
Cholesterol 0		Ĭ	0
Sodium 95mg			4
<b>Total Carboh</b>		)q	7
Dietary Fil		3	14
	Fiber 1g		
	e Fiber 3g		
Sugars 6g	-		
Protein 6g			9
Vitamin A 0%	Y	Vitami	n C O
Calcium 0%		Iron 6	
*Percent Daily Value Your daily values n on your calorie ne	nay be higher eds: Calories:	r or lower de 2,000	2,500
Total Fat Sat Fat	Less than Less than	65g	80g
Cholesterol	Less than	20g 300mg	25g 300m
Sodium	Less than	2,400mg	
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g