



Pair it up. My choices.

Eat paired snacks when hungry between meals.

Building paired snacks

Create your own paired snacks. Give each a fun name.

My snack ideas

	Low- or moderate-glycemic carb		Protein or fat		Name
1.	1 cup green beans	+	2 tablespoons hummus	=	Going greek
2.		+		=	
3.		+		=	
4.		+		=	
5.		+		=	
6.		+		=	
7.		+		=	
8.		+		=	
9.		+		=	
10.		+		=	