**Easy Snack Ideas**

- Your favorite fruit (orange, mango, grapefruit, grapes, pineapple, blueberries, melon chunks, strawberries, peach, plum, etc.)
- Hummus + whole wheat pita
- Hummus + raw veggies
- Raw veggies and (light) Ranch dressing
- Air-popped popcorn + dark chocolate chips
- Dry roasted nuts + fruit
- Peanut butter and jelly sandwich on wheat bread
- Peanut butter + apple or banana
- Peanut butter + whole-grain crackers or pretzels
- Pretzels + low-fat cheese
- Beef jerky + low-fat cheese
- Cottage cheese + dried fruit
- Small bagel and cream cheese
- Small muffin (banana bran, oatmeal, etc.)
- Flour tortilla with cheese and tomato
- String cheese + whole grain crackers
- Trail mix with dried fruit and dark chocolate
- Tuna + whole grain crackers + grapes
- Greek Yogurt + slivered almonds + dried fruit
- Low-fat granola or cereal bar (be mindful of added sugars)
- Avocado + whole wheat toast
- Hard boiled eggs

**Serving Sizes**

You may not always have a measuring cup or know how much to eat, but you always have your hands with you! Refer to this ‘hand equivalent’ guide for an easy, on-the-go reference:

<table>
<thead>
<tr>
<th>Hand Symbol</th>
<th>Equivalent</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fist</td>
<td>1 cup</td>
<td>Rice, pasta, Fruit, Veggies</td>
</tr>
<tr>
<td>Palm</td>
<td>3 ounces</td>
<td>Meat, Fish, Poultry</td>
</tr>
<tr>
<td>Handful</td>
<td>1 ounce</td>
<td>Nuts, Raisins</td>
</tr>
<tr>
<td>2 Handfuls</td>
<td>1 ounce</td>
<td>Chips, Popcorn, Pretzels</td>
</tr>
<tr>
<td>Thumb</td>
<td>1 ounce</td>
<td>Peanut butter, Hard cheese</td>
</tr>
<tr>
<td>Thumb tip</td>
<td>1 teaspoon</td>
<td>Cooking oil, Mayonnaise, butter, Sugar</td>
</tr>
</tbody>
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