



THE QUEEN'S MEDICAL CENTER
 COMPREHENSIVE WEIGHT MANAGEMENT PROGRAM

Smart Snacking “Mini Meals”

A healthy, balanced snack can help you lose weight by controlling hunger, stabilizing blood sugar, and maintaining energy levels. Select foods that help you stay fuller for longer by pairing lean protein with fiber.

PROTEIN	Calories
Canned tuna in water (¼ cup)	50
Low fat cheddar cheese (1 slice)	60
Deli turkey meat (2 slices)	60
Hard boiled egg (1)	70
Poached egg (1)	70
Lomi salmon (½ cup)	75
String cheese (1 stick)	80
Greek yogurt (½ cup)	80
Low fat cottage cheese (½ cup)	90
Almonds, unsalted (¼ cup)	95
Unsalted nuts (¼ cup)	95
Hummus (3 Tbsp)	100
Edamame (½ cup)	100
Shoyu Ahi Poke (½ cup)	150
Almond Butter (2 Tbsp)	190
Peanut butter (2 Tbsp)	200

FIBER	Calories
Romaine Lettuce (3 leaves)	15
Celery (2 branches)	15
Cucumbers (1 cup, sliced)	15
Bell Pepper (1 cup, sliced)	30
Baby Carrots (10)	30
Cherry Tomatoes (12)	40
Pineapple (½ cup, fresh)	40
Blueberries (½ cup)	50
Grapes (1 cup)	60
Whole Wheat Pita (1 small)	75
Apple (1 medium)	90
Whole Wheat Bread (1 slice)	90
Poi (½ cup)	100
Whole Wheat Mini Bagel (1)	100
Whole Wheat Tortilla (6” round)	110
Mixed Dried Fruit (¼ cup)	120

Try the snack combinations above, or mix and match to suit your own needs.