



The Smart Snacking Combo

Produce and protein are a winning team when it comes to snacks. Produce is low in calories but rich in filling fiber and fluid. And high-protein foods help you feel satisfied for longer. As a bonus, you'll add vitamins, minerals, and delicious flavors to your day.

Choose 1 protein-rich food:

- ¼ cup part-skim ricotta cheese
- ½ cup low-fat cottage cheese
- 1 hard-boiled egg
- 1 scrambled egg or ½ cup egg substitute
- 2 thin slices turkey, chicken, or ham (2 oz total)
- 1 piece beef jerky
- 2 slices Canadian bacon
- 2 tsp peanut butter or almond butter
- 10 almonds or peanuts
- 25 pistachios
- 2 Tbsp sunflower seeds
- 2 Tbsp pumpkin seeds
- 2 Tbsp hummus
- ¼ cup bean dip or refried beans
- ¼ cup tuna fish
- ¼ cup edamame, fresh or roasted
- ⅓ cup roasted garbanzo beans

Choose 1 fruit or veggie:

- 1 small pear
- 1 small apple
- 1 cup raw bell pepper slices
- 1 cup celery sticks
- 1 cup cucumber rounds
- 1 cup melon (cantaloupe or honeydew)
- 1 cup berries (blackberries, blueberries, raspberries)
- 1¼ cup whole strawberries
- ½ banana
- ½ grapefruit
- 2 clementines
- 1 cup baby carrots
- 1 cup jicama
- 2 plums
- 1¼ cup watermelon
- 1 small peach
- 1 small orange

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