



Healthy snack ideas

Ideally, snacks should include at least two macronutrients.
Macronutrients include carbohydrate, protein, and fat.

MACRONUTRIENTS

- 1 **Carbohydrates**
fruits, vegetables, whole grains
- 2 **Protein**
plant sources or animal sources
- 3 **Fats**
nuts, seeds, oils, avocado

HEALTHY MIXES

- Raw veggies + Hummus (or bean dip)
- Fresh fruit + Nut or seed butter (almond, peanut, sunflower)
- kencko + Milk of choice
- Yogurt + Fresh fruits
- Yogurt + Kencko
- Yogurt + Granola
- Whole wheat toast + Avocado
- Whole wheat toast + Hummus + Tomato (optional)
- Whole wheat toast + Nut or seed butter + Fresh fruits (optional)
- Small whole wheat tortilla + Nut or seed butter + Banana (optional)
- Small whole wheat tortilla + Hummus + Veggies (optional)
- Popcorn (air-popped)
- Edamame
- Kencko + Water
- Roasted chickpeas
- Mixed nuts & seeds + Dried fruit

SNACK OPTIONS	CARBOHYDRATE	PROTEIN	HEALTHY FATS
Raw veggies + Hummus	×	×	×
Fruit + Nut or seed butter	×	×	×
kencko + Milk of choice	×	×	×
kencko + Yogurt of choice	×	×	×
Fruit + Yogurt of choice	×	×	×
Granola + Yogurt	×	×	
Whole toast + Avocado	×	×	×
Whole wheat toast + Hummus	×	×	×
Whole wheat toast + Nut or seed butter	×	×	×
Whole wheat tortilla + Veggies + Hummus	×	×	×
Whole wheat tortilla + Banana + Nut or seed butter	×	×	×
Mixed nuts & seeds		×	×
Popcorn	×	×	
Edamame	×	×	×
Roasted chickpeas	×	×	×

If you have any questions, please contact nutrition@kencko.com
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