

# Mix and Match Snack Builder

Talk to your dietitian about your individual needs for carbohydrates, protein, and fat, then use this guide to plan snacks or meals to power your day.

## Carbohydrates

These options all contain about **15-20 grams** of carbohydrate



1 slice of bread



1 6" flour tortilla



1/2 cup rice or pasta



3/4 cup Greek yogurt



palm-sized amount of dried fruit



4 oz fruit juice or sports drink



1/2 cup pretzels



1 applesauce pouch



1/2 medium potato (white or sweet)



1-2 graham cracker sheets



1/2 6" pita



1 small whole fruit or 1/2 cup sliced fruit

## Protein

These options all contain about **7-10 grams** of protein



1 large egg



1/2 cup edamame



1/2 cup cottage cheese



1 scoop protein powder (check label)



4 oz tofu



1/2 cup Greek yogurt



1 oz canned tuna



6 oz ultra-filtered milk



2 oz lean deli meat



1/2 protein bar (varies, check label)



1 oz jerky



1 turkey breakfast sausage patty

## Fat

These options all contain about **10 grams** of fat



1/4 cup nuts



1-2 tbsp nut butter



1/2 medium avocado



1/2 cup olives



1 tbsp oils



4 oz fatty fish (+ 30 grams protein)

## Let's Build a Snack or Meal!

**20 grams carbohydrates**  
**15-20 grams protein**  
**10 grams fat**

1 applesauce pouch  
1 graham cracker sheet  
1/2 cup edamame  
1 oz turkey jerky  
handful of olives

**40 grams carbohydrates**  
**20-30 grams protein**  
**10 grams fat**

1 6" pita  
4 oz deli roast beef  
1/2 medium avocado  
2 tangerines  
8 oz ultra-filtered milk

**80 grams carbohydrates**  
**30-40 grams protein**  
**20 grams fat**

1 cup whole wheat pasta  
1 medium baked potato  
1 tbsp avocado oil or butter  
4 oz baked salmon  
1 large side salad with vinaigrette

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# Mix and Match Snack Builder

Talk to your dietitian about your individual needs for carbohydrates, protein, and fat, then use this guide to plan snacks or meals to power your day.

## Carbohydrates

These options all contain about **1 serving** of carbohydrate



1 slice of bread



1 6" flour tortilla



1/2 cup rice or pasta



3/4 cup Greek yogurt



palm-sized amount of dried fruit



4 oz fruit juice or sports drink



1/2 cup pretzels



1 applesauce pouch



1/2 medium potato (white or sweet)



1-2 graham cracker sheets



1/2 6" pita



1 small whole fruit or 1/2 cup sliced fruit

## Protein

These options all contain about **1 serving** of protein



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1 scoop protein powder (check label)



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2 oz lean deli meat



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1 oz jerky



1 turkey breakfast sausage patty

## Fat

These options all contain about **1 serving** of fat



1/4 cup nuts



1-2 tbsp nut butter



1/2 medium avocado



1/2 cup olives



1 tbsp oils



4 oz fatty fish (+ 30 grams protein)

## Let's Build a Snack or Meal!

**1-2 servings carbohydrates**  
**2 servings protein**  
**1 serving fat**

1 applesauce pouch  
1 graham cracker sheet  
1/2 cup edamame  
1 oz turkey jerky  
handful of olives

**3 servings carbohydrates**  
**3-4 servings protein**  
**1 serving fat**

1 6" pita  
4 oz deli roast beef  
1/2 medium avocado  
2 tangerines  
8 oz ultra-filtered milk

**5-6 servings carbohydrates**  
**4 servings protein**  
**2 servings fat**

1 cup whole wheat pasta  
1 medium baked potato  
1 tbsp avocado oil or butter  
4 oz baked salmon  
1 large side salad with vinaigrette

# Hi, I'm Maria!

I'm a Texas-based Registered Dietitian, Certified Personal Trainer, wife, and mom of 3 amazing children athletes. I work as a clinical dietitian by day while growing my private practice, and I eventually plan to become a certified sports dietitian.

I learn best by doing, and enjoy the process of researching nutrition topics and creating handouts to share with my fellow nutrition experts. Let me do the work for you so we can both reap the benefits!



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### **Plant Based Diet**