

HEALTHY SNACK COMPARISON

Nutritional overview per standard serving portion

SNACK ITEM	PORTION	CALORIES	PROTEIN	NOTES
Greek Yogurt (Plain)	170g	100	17g	High Protein
Almonds (Raw)	28g	164	6g	Healthy Fats
Apple with Skin	1 Medium	95	0.5g	High Fiber
Hummus & Carrots	2tbsp/100g	125	3g	Low Glycemic
Hard Boiled Egg	1 Large	78	6g	Bioavailable
Edamame (Steamed)	150g	188	18g	Plant Based
Cottage Cheese 2%	115g	90	12g	Lean

Comparison based on standard USDA nutritional database values.