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10 SATISFYING SNACK IDEAS FOR PCOS

Don't ignore your hunger!

Feel in control and satisfied by choosing balanced snacks when needed between meals. Here's a few ideas:

- 1. FRUIT + NUTS OR CHEESE**
- 2. HARD-BOILED EGG + FRESH
APPLE SLICES**
- 3. TUNA SALAD ON SPROUTED
GRAIN TOAST**
- 4. CHIA SEED PUDDING +
BLUEBERRIES**
- 5. GREEK/SKYR YOGURT + LOW-
SUGAR GRANOLA**
- 6. TRAIL MIX + MANDARIN ORANGE**
- 7. WHOLE GRAIN TORTILLA + NUT
BUTTER + BANANA**
- 8. HIGH-FIBRE CRACKERS +
VEGGIES + HUMMUS**
- 9. CELERY + PEANUT BUTTER**
- 10. SPROUTED GRAIN TOAST WITH
AVODADO +/- SLICED TOMATO**