

Always snacky? These foods can help

AUG 20, 2026



Featured topic

Are your snacks leaving you hungry an hour later? The problem may not be how much you're eating, but what you're eating.

In this video, you'll discover 5 satisfying snack combinations that combine protein, fiber, and healthy fats to help keep you fuller longer, support steady energy levels, and reduce those constant trips to the pantry.

Whether you're battling the afternoon slump, managing cravings, or simply looking for healthier snack ideas, these quick and easy options can help you stay satisfied between meals.

- Hunger-busting snack ideas
- Protein-packed combinations
- Easy healthy snacks for busy days

Find out what else doctors want patients to know about [healthy eating](#).

- Sign up for our free weekly newsletter, "[What Doctors Want Patients To Know](#)"™
- Subscribe to [@americanmedicalassociation](#) on [YouTube](#) for more physician-backed health advice, wellness tips, and preventive care information. Be sure to turn on notifications and never miss a video!
- [Sign up](#) for Morning Rounds and free daily newsletters from the AMA.
- Follow [#AMA](#) on [social media](#).

Transcript

Narrator: Looking for a snack that takes the edge off your hunger without turning into a calorie bomb? Here are five favorites you can try. Five healthy snacks that actually fill you up—number one, Greek yogurt and berries. Greek yogurt gives you a nice hit of protein, while berries add fiber and natural sweetness. It's satisfying without feeling like a heavy snack.

Number two, an apple with 1 to 2 tablespoons of peanut or almond butter—you're getting a great combination of fiber, healthy fat, and protein. The apple provides crunch and volume, while the nut butter helps keep you satisfied. Number three, hummus and vegetables—try carrots, cucumbers, or bell peppers. You get plenty of volume and fiber from the vegetables, along with protein and healthy fat from the hummus.

Number four, a small handful of nuts and a piece of fruit—almonds, walnuts, or pistachios are all great choices. You get healthy fats, some protein and fiber, along with the natural sweetness and fiber of fruit. Just remember to portion the nuts. Their calories can add up quickly. And number five, cottage cheese and fruit—try it with berries, peaches, or pineapple. Cottage cheese is especially appealing as a snack because it's very high in protein, which can help keep you full.

The key with all five is simple—pair protein, fiber, and healthy fats with foods that provide plenty of volume. That's how you get a snack that satisfies your hunger without blowing up your calorie budget.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health and diet, please consult your doctor.