



Snacks to Pack

Pack any of these delicious and nutritious snacks to keep you energized throughout the day and prevent poor food choices later from being too hungry.

Vegetables

- Broccoli
- Baby carrots
- Cauliflower
- Cherry tomatoes
- Cucumbers
- Snap peas
- Celery sticks
- Peppers

Proteins and Fats

- Hummus
- Cheese Slices
- String Cheese
- Greek Yogurt/Cottage Cheese
- Nuts or nut spreads
- Hard-boiled egg
- Seeds (pumpkin, sunflower, etc.)
- Guacamole or avocado
- Milk (regular or flavored)
- Low sodium jerky

Combine food groups for added benefits.

Proteins and carbohydrates are like the pants and shirt of your meal. Just like you'd never go to class without both, it's not a meal without both! This combination provides you with longer lasting energy and satiety. Use this same trick with your snacks so you can make it to your next meal without losing focus on the task at hand and becoming distracted, tired, or cranky from being hungry.

Pro Tip: If you're hungry <2 hours after your snack, it's time to start pairing a protein and/or fat with your carbohydrate source.

Simple combinations:

- cheese and crackers
- apple with peanut butter
- trail mix

Dip your veggies in:

- hummus
- peanut butter
- ranch dip
- salsa

Make a mini-parfait with:

- granola
- yogurt
- berries
- sprinkle with a combination of flax meal, wheat germ, chia seeds, and hemp for a dose of omega 3's

Fruits

- Apples
- Bananas
- Peaches
- Raisins or grapes
- Berries
- Kiwi fruit
- Oranges
- Melons

Complex Carbs

- Whole wheat/whole grain crackers
- Rice cakes
- Whole grain cereals/oats
- Granola bars
- Potatoes – chips or baked fries
- Pretzels
- Popcorn
- Tortillas
- Pita
- Beans or bean salsa

Tortilla wrap filled with:

- pre-grilled chicken
- avocado
- lettuce
- tomatoes

Drink a smoothie:

- Add protein such as Greek yogurt or a scoop of peanut butter to your favorite fruit and vegetable combo

Treat yourself with:

- Baked or broiled fruit (apples, pineapple, pears, and peaches are divine)
- Add cinnamon and a drizzle of honey or brown sugar for a sweeter flavor or chili powder and lime juice for a spicy kick
- Or try small portions of dark chocolate dipped fruit or nuts