

## Staying Energized with Healthy Snacks

A long day of studying means your body will need consistent sources of fuel. Snacks can help give you quick energy in between meals. Lasting energy means fueling your body with a balance of carbohydrate and protein or fat. **Mix and match using the following suggestions:**

Carbohydrate	Protein	Fat
Pita bread/ Pita chips	Greek yogurt	Hummus
Veggies – carrots, cucumbers, peppers, cherry tomatoes, celery	Almond milk yogurt	Avocado/Guacamole
Pretzels	Peanut Butter/ Other nut/seed butters	Chia seeds
Tortilla chips	Hard cheese	Nuts and seeds
Toast	Cottage cheese	Cheese
Granola	String cheese	Dark chocolate
Fresh fruit	Nuts (unsalted)	Olives
Dried fruit – raisins, cranberries, apricots, blueberries, cherries, banana chips, apple	Hard boiled eggs	Nut and seed butters
Wraps	Hummus	
Whole grain crackers	Jerky (beef, turkey, chicken)	
Oatmeal (packets/cups)	Protein shakes/protein powders	
Granola bars	Edamame – available dried and roasted with a variety of flavors	
Popcorn	Chickpeas – available dried and roasted with a variety of flavors	
Cereal (pick those high in fiber to keep you fuller longer)	Low Fat milk	
Rice Cakes	Tuna fish (in water)	

Looking for some  
Grab & Go options??



- ✓ Rx Bars
- ✓ KIND Bars
- ✓ 88 Acre Seed Bars (nut-free)
- ✓ Smoothies – make ahead of time & keep in the fridge or purchase pre-made
- ✓ Packaged Trail Mix or Homemade Trail Mix
- ✓ Oatmeal Containers – Bob’s Red Mill, Wild Friends, Quaker Oats, Purely Elizabeth
- ✓ Cliff Bars
- ✓ GoMacro Bars
- ✓ Protein Balls – Check Google or Pinterest for some fun & easy recipes

*Be well. Feel well. Do well.*