



## SMART SNACKS 101

Between early morning classes, all-day meetings, late-night study sessions, and last minute errands, we are all often on the go, burning the candle at both ends. When life gets hectic, healthy eating is often placed on the back burner. Skipped meals, processed and fast foods, late night snacking, and stress eating can become the norm.

Having smart snacks on hand can help provide your body and brain with the fuel and nutrients needed to power through your day (and night). Luckily, there are plenty of easy options that can be made right in your home, office, or dorm room. Here are some healthy snacks to stock in your desk drawer, backpack, or fridge.

### Non-Perishable Snacks:

- **Fresh Fruit**
  - Bananas, apples, and oranges are easily portable and often available in dining halls, coffee shops, and convenience marts.
  - Add to cereal or yogurt, or pair with a handful of nuts for a heartier snack.
- **Individual Fruit Cups (canned in juice)**
- **Individual Unsweetened Applesauce Cups**
- **Nuts**
- **Dried Fruit**
  - Add to oatmeal, yogurt, whole-grain cereal or salads.
  - Combine with nuts, seeds and/or whole-grain cereal to make a homemade trail mix.
- **Sweet Potatoes**
  - Poke several times with a fork and microwave for 5-6 minutes.
  - Cut into slices, top with nut butter and a drizzle of honey for a yummy treat.
- **Canned Tuna and Chicken (packaged in water)**
  - Combine with your favorite spices, nonfat Greek yogurt, mashed avocado, hummus and/or chopped vegetables.
- **Whole-Grain Breads – Tortillas, Mini Bagels, English Muffins, Pitas**
  - Start your morning with a whole-grain bread choice with some nut butter or smashed avocado.
  - Roll up a banana or some apple slices with some nut butter in a whole-wheat tortilla.
- **Oatmeal**
  - Plain packets can be transported and then added to hot water for a quick breakfast.
  - Make overnight oats by combining oats and milk in 1:1 ratio. Refrigerate overnight and top with berries and nuts.
- **Whole-Grain Crackers, Pretzels, Pita or Tortilla Chips**
  - Try one of these healthy choices: Triscuits, Wheat Thins, Kashi, Wasa, RyKrisp, Good Thins Sweet Oat & Flax, Blue Diamond Almond Artisan Nut-Thins, Mary's Gone Crackers, Anthenos Whole Wheat Pita Chips, Beanitos, Beanfields
- **Energy Bars**
  - Look for high fiber, low-sugar varieties such as Kind bars, Larabars, Rise bars, Pure bars, RX bars.
- **Popcorn**

- Choose varieties with <200 mg sodium and no trans fats like Boom Chicka Pop, Skinny Pop, Newman's Own Organic Pop's Corn No Butter No Salt, Orville Redenbacher Smart Pop!
- **Whole-Grain Cold Cereals**
  - Select varieties that are whole grain with at least 3 grams of fiber and less than 8 grams of sugar such as Cheerios, Grape-Nuts, Shredded Wheat, Kashi Autumn Wheat, Kix, Special K Protein, Total, Wheaties.
- **Dry-Roasted Edamame**
- **Roasted Chickpeas**
- **Rice Cakes (choose whole-grain varieties)**
  - Top with nut butter and sliced apples for a crunchy, sweet snack.

### **Perishable Snacks:**

- **Cheese (choose part-skim, reduced-fat, or made with 2% milk varieties)**
  - Try a cheese stick and some whole grain crackers or piece of fruit.
  - Make a simple sandwich with whole-grain bread.
  - Cottage cheese cups provide calcium and protein. Top with a sprinkle of cinnamon and flax seeds for extra goodness.
- **Plant-based or low-fat milk**
  - Add to hot or cold cereal for a nutritious breakfast or snack.
- **Yogurt (choose nonfat or low-fat varieties that are low in sugar)**
  - Top with fruit and nuts for an energizing breakfast.
  - Sprinkle cinnamon and a few chocolate chips over yogurt for a calcium-packed dessert.
- **Vegetables (choose pre-washed and/or pre-cut varieties)**
  - Baby carrots, sliced bell peppers, broccoli and cauliflower florets, cucumber slices, celery sticks and cherry tomatoes are delicious on their own or with your favorite dip.
  - Incorporate into sandwiches or wraps to boost the color and nutritional content of meals.
- **Eggs**
  - Scramble eggs in a small bowl or mug and microwave for a speedy, high-protein breakfast or snack.
- **Fresh Fruit**
- **Hummus or Guacamole**
  - Smear onto a whole-wheat pita with arugula, tomatoes and cucumbers for a fast and flavorful lunch.
  - Serve with raw vegetables, whole-grain pita chips or whole-grain crackers as a fresh and healthy dip.