Snacks to Pack

To maintain your energy, focus, and concentration keep these delicious and nutritious snacks on hand. If you need to sustain your energy for a longer period of time add protein to your vegetables, fruits, or grains.

- Pack snacks in your bag so that they are available when you need them.
- Combine food groups to make: cheese and crackers, apples and peanut butter, or trail mix.
- Dip your veggies in hummus, peanut butter, or ranch dip to provide variety, protein, and flavor.
- Purchase individual foods and combine them to make a balanced snack: Banana and string cheese, dried fruit and nuts, carrots and hummus, yogurt, fruit, and granola.
- Remember there is no “right” or “wrong” way to have a snack. Try different food combinations and select foods that help you feel your best. It is normal to need a snack or meal every 2-3 hours.

### Veggies
- Carrots or Carrot Sticks
- Celery
- Broccoli
- Tomatoes
- Cherry Tomatoes
- Bell Peppers
- Cucumbers
- Snap Peas

### Fruit or Dried Fruit
- Bananas
- Apples
- Oranges
- Pears
- Berries
- Raisins or Grapes
- Peaches
- Cranberries

### Grains
- Granola Bar
- Toast
- Bagel
- Oatmeal
- Granola
- Crackers
- Pop Corn
- Muffin
- Chips or Pretzels
- Cereal

### Protein
- Yogurt
- Nuts
- Nut Butter
- Seeds
- Hummus
- Cheese
- String Cheese
- Hard Boiled Egg
- Milk
- Deli Meat