

Smart snacking means eating foods that provide fuel for getting you through your busy day. In order to do this, include foods that contain carbohydrates for quick energy, and protein which helps you maintain energy levels and keeps you feeling full longer.

*** Healthy fats are an important part of a healthy diet and are found in some of these protein/carbohydrate choices.

Choose a food from the **Carbohydrate** column and one from the **Protein** column and create your own smart snack. Be creative and have fun!

Carbohydrate:

Fresh Fruit

- Apple
- Banana
- Grapes

Any that you enjoy & are readily available

Dried Fruit

- Raisins
- Apricots
- Plums
- Craisins

Veggies

- Raw, cooked – any will do
- Whole grain crackers (Triscuits)
- Oatmeal
- Whole grain bread
- Whole grain cereal
- Oatmeal
- Granola bar – *preferably ones with some fiber*
- Graham crackers
- Cereal – *consider mixing with dried fruit and nuts for your own trailmix.*
- Pretzels



Protein:

- Yogurt
- Low fat Milk, flavored, regular or soy
- Cheese
- String cheese
- Cottage cheese
- Eggs, egg whites, egg beaters or egg substitutes
- Peanut butter or other nut butters such as almond butter or soy nut butter
- Nuts
- Hummus – *mixture of garbanzo beans and oil*
- Bean based soups – *carbs. and protein in one*
- Edamame (soy beans) – *can be found in freezer section of grocery store*
- Lean sandwich fillings such as turkey, chicken, ham, roast beef



Some Examples of How to Pair Up

- Nuts — Dried Fruit (Trail Mix)
- Apple — String Cheese
- Cereal — Milk

- What ever your snack choices may be, remember to fuel up regularly about every 4 hours, and don't skip meals.
- If you have questions about smart snacking or other nutrition topics please call one of the Student Health Dietitians at 681-WELL