



SMART SNACKING ON THE RUN

Snacks can boost your energy between meals and supply essential vitamins and minerals. Make sure your snack choice works for you not against you. To have longer lasting energy, choose foods that contain both fiber and a small amount of protein. Be purposeful in planning a better-for-you snack and pack portable foods that you can take on the go.

****Per snack aim for 100-200 calories, 1-2 food groups, 3 grams fiber or more****

1 tablespoon peanut butter + 1 banana	Mini-wich: 1 slice whole wheat bread + 1-2 slices deli turkey, fold, wrap and take on the road
1 reduced fat string cheese + 1 apple	1/4 c. trail mix
6 oz carton fat free Greek yogurt + 1/2 c grapes	1 c. dry whole grain cereal in a baggie (such as frosted shredded wheat or Honey Nut Cheerios®)
Whole wheat mini bagel + light cream cheese	1 mini whole wheat tortilla + 2 teaspoons Nutella® + sliced berries Rolled up in plastic wrap to go
Crunchy celery + 1 tablespoon peanut butter	Pretzel sticks + 2 tablespoons hummus dip
1 cup watermelon + 1/2 cup fat free cottage cheese	1 reduced fat string cheese + 1 c. grapes
1 mini whole wheat tortilla + 1/4 c. shredded cheese, salsa, zapped in the micro for 20 seconds	1 ounce whole wheat crackers + 1 orange
1 Nature Valley ® Oatmeal Square	1 packet instant oatmeal
1 stick lean beef jerky + 1/2 c. unsweetened applesauce	Jolly Time ® 100- calorie pack of light popcorn
PB&B- 1 slice whole wheat bread + 1 tablespoon peanut butter + 1/2 banana	KIND ® granola bars and Lara ® bars
1 c. fresh strawberries + 1/4 c. almonds	2 Quaker® rice cakes + 1 cup skim milk
1/4 c. unsalted almonds + 1 c. cantaloupe	Sugar snap peas + 2 Tbsp. light Ranch dip



Be sure to keep water handy to stay hydrated. Often thirst is confused with hunger. Add a flavor twist to your water with a squeeze of lemon or lime, fresh berries, or a low calorie flavor packet.