

Snacks are a crucial part of the day! They can help you feel energized and satisfied throughout the day and make sure that you are adequately fueling for a busy lifestyle as a student.

Use some of these balanced snack ideas below to help you feel your best.

Tide you Over Snacks

On-the-Go

- Cherry tomatoes and string cheese stick
- Banana with walnuts
- Handful of dried unsweetened fruit (apricots, prunes, raisins, cherries, blueberries) with almonds
- Greek yogurt
- Pretzels and cheese slices
- Apple and almonds
- Cottage cheese with fruit
- Beef/turkey jerky
- Rice cakes with peanut butter
- Whole-wheat pita with hummus, cucumber, and tomato slices
- Celery sticks, carrots, and string cheese
- Handful of nuts and a peach, apricot, or plum
- Popcorn
- Fruit leather
- Granola bar (Lara bar, Kind bar, Clif bar)
- Smoothie
- Protein drink

In the Dorm, At Home or At Work

- Cottage cheese and fruit or raw veggies
- Cantaloupe cubes and deli turkey slices
- Orange juice and Greek yogurt
- Carrots and ranch dressing
- Bell peppers with hummus
- Tortilla chips and salsa
- Spinach with vinaigrette, sunflower seeds, croutons
- Vegetable soup with triscuits
- Granola and yogurt
- Grilled cheese
- Chocolate milk
- Frozen fruit bar
- Cereal with milk
- Fig Newtons with milk
- English muffin with marinara sauce, mozzarella

Balanced Substantial Snacks

On-The-Go

- Veggie sandwich with hummus, cucumber, tomato, lettuce, cheese and an apple
- Package of peanuts
- Celery sticks stuffed with peanut butter topped with raisins
- Cashews and apple
- Peanut butter sandwich with strawberries or jam
- Yogurt with crunchy cereal on top
- Toast with cream cheese, cucumber, and slices chicken

SATISFYING & ENERGIZING SNACKS

- Homemade trail mix recipe: Cheerios, nuts, dried cranberries
- Graham cracker squares with almond butter and pears
- 1 small whole wheat tortilla spread peanut butter and banana coins
- Whole wheat pita stuffed with cottage cheese, tomato and bell pepper
- Grapes, crackers, and cheese
- Corn tortilla with refried beans, salsa, and cheese

In the Dorm, At Home or At Work

- 1 hard-boiled egg smashed on a slice of whole-wheat toast with a slice of avocado and tomato
- Whole grain English muffin with fruit preserves, peanut butter
- Yogurt with berries and chia seeds
- 1 packet instant oatmeal with milk, cinnamon, and raisins
- Salmon or tuna mixed with mayo and toast with cucumbers and tomato
- 1 toasted whole wheat frozen waffle (Van's®, Kashi®) with yogurt mixed with peanut butter and berries
- Cereal with milk, topped with banana
- Tortilla chips with refried beans mixed with some salsa
- Tortilla chips with cheddar cheese and salsa
- Turkey and bean chili
- Lentil soup with slice of bread
- Cucumber and tomato slices with hummus topped with some feta cheese
- Microwaved edamame sprinkled with soy sauce
- Baked sweet potato topped with Greek yogurt and peanut butter
- Yogurt parfait made with yogurt, granola, fruit, hemp and flax seeds
- Smoothie with frozen fruit, milk or yogurt, water, and Greek yogurt or cottage cheese, honey for sweetness if desired
- Quesadilla made with corn tortilla, cheese, and salsa