

nutrition tip

healthy snacking



snack ideas:

- granola bar and a piece of fruit
- peanut butter and jelly sandwich*
- yogurt with fresh fruit and granola*
- whole grain crackers with tuna, nut butter, cheese, or sliced meat
- trail mix
- bagel or toast with avocado, nut butter, or cream cheese*
- fresh fruit* with nut butter
- fruit smoothie
- hummus with veggies* or pretzels
- hard boiled eggs* with crackers or fruit
- cottage cheese with fresh fruit

**These items are available at Parkside Cafe, Bytes, Grounds for Change, and other spots on campus!*

01 Focus on nutrients, rather than calories.

Choose a snack with protein/ fat and fiber-rich carbohydrates from whole grains or fruits.

02 Plan and pack your snacks.

If you're on the go or have a busy day, pack 1-2 snacks to maintain your energy and focus.

03 Challenge negative thoughts around snacks.

Diet culture has given some snacks a bad reputation. By labeling foods *good or bad*, we tend to also label ourselves when we eat these foods. Aim to remove this language from your vocabulary when describing foods.