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

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.

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