

To make a snack satisfying and help you stay full, aim to combine all macronutrients: include a protein, a fat and a carbohydrate. This will give your body a mixture of different types of fuel and gives you the energy you need to make it to your next meal! Most proteins have some fat in them; choose full fat or reduced fat choices when you are able to in order to make your snack last.

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**What should I eat for a snack?**

Cheese stick and pretzels

Hummus and pita

Slice toast with melted cheese

Peanut butter on a banana

Trail mix with nuts and dried fruit

A hard boiled egg and crackers

Mix and match from these options to find a snack you enjoy the most!

Glass of reduced fat milk and graham crackers

Reduced fat Yogurt and granola