

go items that power you through your busy day!

McKenna Welshans, RD
Campus Nutritionist

What are some of your favorite things to snack on? As a dietitian, I am looking for a balance of flavors, textures, colors, and macronutrients—something that will satisfy both our taste buds and our metabolism. One easy way to build this kind of combination that will provide a mix of carbohydrates, fat, and protein is to pair foods from the grain/veggie/fruit categories with foods from nuts/protein/dairy categories. Carbs provide rapidly available fuel for your brain and muscles, while fat and protein keep you feeling full longer and sustain your energy levels. Aim to fill big gaps of time in between meals so you are eating roughly every 2-4 hours throughout the day. Below are a few ideas. As always, happy fueling!

- Banana/apple with peanut butter
- Trail mix with dried fruit and nuts
- Rice cake or whole grain toast with nut butter and banana
- Turkey and cheese wraps
- Applesauce or granola bar with a cheese stick
- Oatmeal with peanut butter and dried fruit (optional whey protein)
- Tuna packet or boiled egg with veggies or crackers or fruit
- Cottage cheese and berries
- Guacamole/hummus/Ranch with vegetables/pretzels/chips
- Crackers with peanut butter or cheese
- Yogurt parfait with cinnamon, fruit, nuts, granola, nut butter
- Perfect bars
- Clif bars
- Lara bars
- RX bars
- [Greek yogurt/fruit smoothie](#)
- [Energy bites](#)
- Whey protein shake and a side of fruit or vegetables

