

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.

Handout prepared by:  
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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