

SMART SNACKING

Snack attacks happen. So, what makes a good snack?

- ✓ Less than 200 calories
- ✓ Low-fat (<1.5 g saturated fat and <5 g total fat)
- ✓ Contains both carbohydrate and protein



Here are some snack ideas, depending on your situation:

At Home

- Yogurt
- Cottage cheese with fruit
- Chocolate milk
- Fresh fruit and cheese
- Raw vegetables dipped in cottage cheese
- Pita bread with hummus
- English muffin pizza
- Baked tortilla chips with refried beans
- Frozen soft pretzel with melted cheese
- Cold cereal and milk
- Pudding with vanilla wafers
- Low-fat muffin or ½ bagel with cream cheese
- Peanut butter toast
- Celery stick with peanut butter and raisins
- Crackers and cheese
- String cheese and pretzels
- Granola/energy bar
- Fruit smoothie
- Frozen yogurt with berries
- Small tortilla with melted cheese
- Trail mix

Desk Drawer at Work

- Instant soup
- Whole-grain, high protein cereal
- Tuna
- Whole grain crackers
- Instant oatmeal
- Trail mix
- Fruit cups
- Granola/energy bars
- Applesauce
- Fig bars



Convenience Stores

- Granola/energy bar
- Hummus with pita bread
- Side salad
- Nuts
- Baked chips
- Yogurt
- Smoothies
- Fresh fruit
- Whole grain crackers

Fast Food On-Campus

Chick-Fil-A

- Chicken Soup
- Small Icedream cone
- Fruit cup
- Side salad with fat-free honey mustard dressing

Baja Sol

- Rice & beans
- Turkey chili

Panda Express

- Hot & sour soup

Jamba Juice

- Strawberry nirvana
- Mango mantra
- Berry fulfilling

Coffee shops

- Nonfat latte/cappuccino
- Italian soda

Subway

- Oatmeal raisin cookie
- Non-cream soup
- Baked chips

Fast Food Near Campus

McDonald's

- Small hamburger
- Grilled chicken snack wrap
- 4-pc chicken nuggets
- Side salad
- Snack-size fruit/walnut salad
- Fruit 'n yogurt parfait
- Apple dippers with caramel
- Ice cream cone
- Chocolate milk



Burger King

- Hamburger
- 5-pc chicken tenders
- Side salad



Arby's

- Junior roast beef
- Fruit cup
- Mini ham & cheese
- Mini turkey & cheese
- 2-pc chicken tenders

Noodles & Co

- Thai curry soup
- Chicken noodle soup
- Small "The Med" salad

Dairy Queen

- Grilled chicken salad
- Small cone
- Starkiss
- No-sugar added fudge bar
- Vanilla orange bar