

21 Snacks for Studying

1. 8 or small handful of almonds, pistachios, cashews, walnuts, or pecans
2. 1 protein bar (aim for around 200 calories, at least 7 grams of protein, and 30 grams of carbohydrate per bar)
3. Plain or light yogurt (can add fruit if you like!)
4. Greek yogurt (add chopped nuts or fruit if you like!)
5. Light string cheese and fruit
6. Low-fat (2% milk fat) cheese or 1 wedge of light Laughing Cow cheese and 12 whole-wheat crackers
7. Cottage cheese (fat-free, 1%, or 2% milk fat) and fruit
8. Apple/banana with 1 tbsp of peanut butter or almond butter
9. 12 whole-wheat crackers with 1 tbsp of peanut butter or almond butter
10. Trail-mix: 1 cup of whole-grain cereal (Cheerios, Total ,etc.), 2 tbsp of unsweetened dried fruit, and a small handful of nuts
11. Mini pizza: melt 1 slice of low-fat (2% milk fat) mozzarella cheese on a whole-wheat English muffin and add ¼ cup of marinara sauce on top
12. 1/3 cup hummus and whole-wheat crackers or raw veggies
13. Meat roll-ups: roll 4 pickles with 1 thin slice of lean sandwich meat (turkey, ham, roast beef)
14. 3 cups of 94% fat-free popcorn (add a little cinnamon sugar or parmesan cheese for flavor!)
15. Celery or baby carrots with 1 tbsp of peanut butter or almond butter
16. ½ cup of applesauce with cinnamon (add cottage cheese if you want extra protein!)

17. ½ cup of tuna salad (made with canned tuna, hummus, and mustard) and whole-wheat crackers
18. 12 whole-wheat crackers with 1 slice of light Swiss Laughing Cow cheese with a cucumber slice on top
19. 1 cup of instant oatmeal with 1 tbsp of brown sugar or honey (add a scoop of whey protein in for extra protein!)
20. Smoothie: 1 cup of unsweetened almond milk, 1 scoop of whey protein, and 1 cup of unsweetened frozen berries (strawberries, blueberries, etc.)
21. 1 hardboiled egg and 12 whole-wheat crackers or a piece of fruit

Snack suggestions courtesy of Jesse Rusch - Nutritionist (MS, RD, LDN)