

SNACKING MADE SIMPLE

CHOOSE WHOLE FOODS TO REFUEL YOUR BRAIN AND BODY

Did you know?

- Snacking can be nourishing — fuel up when there's a long time between meals, before physical activity, and when your body signals hunger.
- Choose the best nature has to offer – think seasonal fruits and vegetables, nuts and seeds, Greek yogurt, hummus, nut butters, edamame, and other whole foods.
- Get more nutrient-bang for your buck by making your own pre-portioned snacks to keep on hand.
- Go for a snack combo by pairing a healthy fat like peanut butter or avocado with a fruit or vegetable like apple slices or celery. A combination of more than one macronutrient will help you maintain your energy throughout the day.



DIY TRAIL MIX

Step out of your snack rut! Create your own trail mix by combining whole foods like nuts, seeds, and dried fruit with other snacks and seasonings.

Start with a bit of crunch. Use nuts and seeds as the base of your mix.

Add a touch of natural sweetness. A bit of dried fruit adds flavor.

Sneak in other snacks. Add granola, pretzels, cereals, or wasabi peas.

Shake it up with seasonings. Top with coconut flakes, cayenne, or cinnamon.

NUTS	SEEDS	DRIED FRUIT	OTHER SNACKS
almonds cashews pecans walnuts macadamia nuts chestnuts peanuts	sunflower seeds pumpkin seeds flax seeds sesame seeds hemp seeds	dried cranberries dried apricots dried apples dried mango dried goji berries dried cherries dried banana chips	granola whole grain pretzels puffed rice cereal wasabi peas air-popped popcorn dark chocolate chip coffee beans
SEASONINGS + TOPPINGS			
pinch of sea salt, curry powder, ground dried ginger, coconut flakes, cinnamon, cayenne pepper			