

## Balanced Snacks

From Cornell Health Dietitians/Nutritionists

Create balanced and satisfying snacks with the foods you like and have access to by **combining a protein with a serving of fruit, vegetable, or grain**. Make your own combinations or try one of the suggestions below.

### Choose a fruit, vegetable, or grain—

- Apple, banana, orange, pear, melon, grapes, etc. (Fresh, frozen, canned, and dried fruits are all good options.)
- Celery, carrots, peppers, other veggies
- Starches like 100% whole grain bread/English muffin/crackers, corn tortillas, instant oatmeal and popcorn

### Pair with a protein—

- Handful of nuts (about 1 oz or 1/4 cup)
- Snow peas, edamame (green soybeans), or roasted chickpeas
- Hummus
- Peanut butter or other nut/seed butter
- Refried beans or lentil spread
- Yogurt
- Cottage cheese
- Cheese/string cheese
- Hard-boiled egg
- Milk or soy milk
- Sliced turkey or chicken
- Canned fish like: tuna, salmon, or sardines

### Try a combo—

- Turkey and/or cheese wrapped in a tortilla
- Apple slices with peanut butter
- Carrots or pretzels with hummus
- Crackers and cheese
- Yogurt and fruit
- Protein bars or ready-to-drink protein shakes
- Trail mix (pre-made or make your own)
- Dates stuffed with goat cheese and pistachios
- Toast with nut butter and sliced banana
- Chia pudding

### Helpful tips—

- Pre-pack snacks at home to take with you on the go
- Many campus eateries have snack options for purchase such as hummus and pretzels, yogurt, cheese sticks, and fruit

