

SNACKS TO POWER YOUR DAY



FUEL YOUR ENGINE

Similar to your car's gas gauge, hunger is the body's way of letting you know you're low on fuel. You wouldn't put diesel into your car if it runs on gasoline, right? The quality of food you put in your body is important to ensure you're fueling your body with the right nutrients to help you perform at your best.

NUTRITION BASICS

These macronutrients are essential for a high-performing human engine.

Carbohydrates

Carbohydrates are found in whole grains, fruits, vegetables and dairy. They fuel the brain and provide energy to working muscles. Complex carbohydrates are full of antioxidants, vitamins and minerals to support a healthy heart and body.

Protein

Protein can be found in animal sources like meats, fish, eggs and cheese as well as in plant sources like nuts, seeds and beans. Including protein with snacks provides staying power, keeping hunger at bay.

Fat

Fats have often (wrongly) been positioned as the enemy, but they boost brain function and promote cell growth. Healthy fats, specifically polyunsaturated and monounsaturated fats, are found in fish, avocados, olives, nuts and seeds.

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- 1 apple and 1 hard-boiled egg
- Raw Veggies and 1/4 cup Hummus
- 1 banana and 2 Tbsp Nut Butter
- Cheese, olive and Veggie Kabobs
- Greek yogurt topped with 1/2 cup berries and 1 oz walnuts
- 2 Tbsp dried cranberries and 1 oz nuts
- 1 orange and 1 turkey jerky
- 3/4 cup blueberries and 1/2 cup cottage cheese
- 5 multi-grain crackers and 1 string cheese
- 12 Sweet Potato Chips and 2 Tbsp Red Pepper Hummus
- 1 protein bar (limit added sugar)
- 9 Black Bean Crackers with 1/3 avocado
- 1 dark chocolate and 1 oz nuts