

HERE ARE SOME QUICK, HEALTHY, & AFFORDABLE, SNACK IDEAS

- Apple with peanut butter
- Trail mix
- Crackers and cheese
- Hummus and pretzels
- Greek yogurt and fruit OR granola
- Turkey wrapped in pita bread
- Peanut butter on whole wheat toast

Remember to always respond to your body's cues. Eat when you're hungry and cease when you're full. Snacking is just as important as other meals for maximizing your nutrition and keeping your body energized.

GET IN TOUCH WITH US!

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HEALTHY
ON-THE-GO
SNACKS



WHY IS SNACKING IMPORTANT?

Your body needs to be refueled every 3-4 hours in order to properly function. Without proper snacking, you'll lose energy and feel lethargic and sluggish, which means comprehension and memory is significantly reduced, making your hours of studying less efficient.

Snacks act as a bridge between meals and can prevent excessive hunger while helping with portion control and mindful food choices. Smart snacking promotes energy levels, stimulates metabolism, and stabilizes blood glucose.

HYDRATE!!



Hydrating throughout the day is vital for optimal mental and physical performance.

TO STAY HYDRATED THROUGHOUT THE DAY YOU SHOULD...

1. Drink a glass of water first thing in the morning.
2. Always carry a water bottle.

BUILD YOUR OWN TRAIL MIX!

Key Ingredients to a balanced trail mix are nuts, seeds, dried fruit, chocolate & popcorn.

Ingredients

- 3/4 c. raw nuts
- 1/2 c. raw seeds
- 1/2 c. dried bananas
- 1/2 c. m&m's
- 1/2 c. popcorn
- 1/4 tsp. sea salt
- 1/2 tsp. cinnamon
- pinch of nutmeg

Directions

- Combine all ingredients in a large bowl and mix well. Store it in a bag or mason jar.



SNACKING MISCONCEPTIONS

There is a widely held belief that nighttime snacking is bad and leads to weight gain.

The truth is, your body is constantly burning calories, including during your sleep. For example, your brain and heart are always running, meaning they need food for fuel. If you feel hunger while you are up studying, then your body is low on fuel and needs a snack!

GREEK YOGURT PARFAIT

Ingredients

- 4 cups nonfat plain Greek yogurt
- 2 cups granola cereal
- 8 cups frozen mixed fruit*

**You can use any fruit to your liking*

