



NUTRITIONAL SUPPORT

sustainable snacks



LOW ON ENERGY? Eating enough to meet your daily needs is key to maximize your energy efficiency.

Eat upon waking and at last every 4-5 hours following. No time or interest in meal prep? Grab easy snacks to maintain your meal pattern. Fueling your body can fuel your productivity.

PLAN YOUR SNACKS

Consistently fueling your body throughout the day is key to managing blood sugar, mood, and weight. Nutritious snacks can ensure hours of quality fuel.

GUIDELINES:

INCLUDE PROTEIN

- Chicken, tuna, cheese, nuts, nut butter, eggs

CHOOSE FIBER-RICH FOODS

- Fruits, vegetables, whole grains, beans

DRINK WATER

- Replenish with fluids throughout the day. Even mild dehydration affects energy & concentration.



EFFICIENT ENERGY EXAMPLES

- 1 oz. mozzarella cheese + 1/2 cup cherry tomatoes
- 1/4 cup hummus + 15 carrot sticks
- 1 oz almonds (18-24 nuts) + medium apple
- 1/2 cup pumpkin seeds + 1/4 cup dried cranberries
- 1/2 oz peanuts + 1/4 cup raisins
- 1/4 cup cottage cheese + 1/2 cup peaches
- Small banana with 2 TBSP nut butter
- 1/2 sandwich; turkey, avocado, whole wheat bread
- Small can of tuna + whole grain crackers

