

# Prepare for those snack attacks.

Keep healthy snacks handy for your study sessions.

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## Protein

Hard-boiled eggs  
Hummus  
Nut butters  
Sliced turkey  
Edamame  
Tuna pouches  
Nuts and seeds (unsalted or lightly salted)

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## Fruits & Vegetables

Baby carrots  
Precut veggies (broccoli, peppers, celery, grape tomatoes)  
Applesauce and fruit cups  
Apples  
Bananas  
Mandarin oranges  
Dried fruit

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## Whole Grains

Whole grain cereals  
Air-popped popcorn  
Whole grain crackers  
Whole wheat or whole grain waffles  
Whole wheat English muffins  
Plain instant oatmeal packets  
100% whole wheat bread

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## Dairy

String cheese  
Low-fat milk  
Cottage cheese  
Yogurt

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## Dips

Hummus  
Guacamole  
Salsa  
Yogurt dip

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## Snack Combinations

Veggies with hummus and whole grain crackers  
Yogurt with fruit and walnuts  
Apples and peanut butter  
Homemade trail mix with dried fruit, nuts, and whole grain cereal  
Waffle with nut butter and a banana

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