

# Healthy Snacks

- Yogurt w/ Fresh Fruit
- Apple w/ Peanut Butter
- Carrots w/ Veggie Dip
  - plain Greek yogurt w/ dry ranch dressing packet
- Granola Bar or Power Bar
  - look for >5 g protein per bar

## tips & tricks

- Always have healthy snacks on hand so it is easier to resist the temptation of less healthy options.
- Find a favorite granola bar, and keep a stock in your home, at work, and in your car. This snack has a long shelf-life and doesn't have to be refrigerated. Try to find one high in protein (>5g) because this will help you feel full longer.
- Snack on apples or carrots when you are craving a crunchy snack like chips.