



The Secrets of Smart Snacking

Adding healthy snacks to your day is a great way to feed your brain and maintain even blood sugar. You will also be less vulnerable to making unhealthy food choices at your next meal because of extreme hunger. To make any snack more energizing, satisfying and nutritious, round it out with the missing pieces listed below.

- **Column 1:** Choosing whole grains in your snack provides instant relief from hunger and high quality nutrients but may not be filling enough without adding water-rich non-starchy vegetables or fruit.
- **Column 2:** Fruits and non-starchy vegetables will make your snack more filling and nutritious. Plus, they are the original fast food. If your next meal is only an hour away, a piece of fruit may be all you need!
- **Column 3:** Protein prolongs the satisfaction you feel after your snack. This is especially important if your next meal is hours away.

Nutritious Snack Foods Available at Campus Convenience and Neighborhood Grocery Stores		
1. Energy You Need Right Now Whole Grains	2. Filling Power Non-starchy Vegetables or Fruit	3. Protein to Make it Last Dairy/Lean Meat or Plant Protein
Whole grain snack foods 100% whole wheat Wheat Thins Triscuits Whole grain Goldfish crackers Whole corn tortilla chips Whole grain pita chips Ak Mak sesame flatbread Whole grain graham crackers Multigrain rice cakes (1 st ingredient is brown rice) 100% whole wheat pretzels Popcorn 100% whole grain cereals Sargent Choice granola Cheerios Wheaties Shredded Wheat Life 100% whole grain breads Sargent Choice muffin Whole wheat bread or toast Tortilla Whole wheat pita Whole wheat English muffin	Baby carrots Celery Cucumbers Bell Peppers Apple Pear Pre-cut fruit Berries Banana Peach Orange Clementine Grapes	Peanut butter Sliced turkey breast or other lean deli meat Low fat/fat free cottage cheese Light tuna with reduced fat mayonnaise Hummus Reduced fat cheese (cheese stick, block cheese) Non fat Greek yogurt 1% or non fat plain yogurt 1% or skim Milk Nuts (almonds, walnuts, cashews, peanuts)

No time? We've done the work for you...find these Sargent Choice snacks everyday in retail locations on campus:

Sargent Choice Hummus Plate
 Sargent Choice Carrot, Celery, Hummus Snack Pack

Sargent Choice Yogurt Parfait
 Sargent Choice Muffins

