HEALTHY SNACKS ON THE GO!

FOOD YOU CAN PREPARE FAST AND EASY!

HUMMUS
- Plenty of flavor options including garlic, roasted red pepper, and jalapeño
- Good source of Vitamins E, A, C, protein, and healthy fats
- Pair with celery, cucumber, carrots, pita chips, or pretzel chips
- Simple ingredients and low prep time. Check out Tasty’s recipe here

SWEET AND SALTY CHOCOLATE BAR
- The perfect blend of one of the most popular flavor combinations
- Less than 15 minutes of prep time
- Provides antioxidants, protein, and can increase brain function with minimal calories
- Very customizable. Check out this recipe on Delish

NO TIME TO PREPARE A SNACK? NO WORRIES! TRY THESE PRE-PACKAGED OPTIONS.

BLACK BEAN CHIPS
- Great alternative to potato chips
- Great source of protein per serving
- Try Simply by Tostitos Black Bean Chips with Sea Salt

POPCORN
- Plain popcorn has very low calories per serving
- Try to avoid brands with additives such as butter and salt
- Brands such as Skinny Pop offer flavors like salt and pepper and also offer mini cakes