



Snacking for afterschool (or work!)

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It's time to start thinking of what to have on hand for after school snacks or maybe it's time to switch up snacks for yourself. Snacks provide us with energy our bodies need to run efficiently from meal to meal and refuel the energy we've been burning during the day. Snacks make it easier to go longer periods of time between meals without losing our concentration, getting hangry, or becoming too hungry before our next meal.

Whether you're getting after-school snacks ready for your kiddos or snacks for yourself to grab, pair a protein food with a fruit, vegetable, or whole grain. Having protein and carbohydrates together help us feel more satisfied with our snack and give us longer lasting energy without a sugar crash shortly after. Here are some examples that provide good nutrition while keeping added sugar and saturated (less healthy) fat to a minimum:

| Protein Ideas:  | Fruit/Vegetable/Whole grain ideas  |
|-----------------|--|
| -Nuts/seeds     | -Fresh cut up veggies (carrots, snap peas, cauliflower, cucumber, peppers...etc) |
| -Nut butter     | -Fruit cup (canned in 100% juice)  |
| -Cheese         | -1/2 baked potato  |
| -Greek yogurt   | -Fresh or dried fruit  |
| -Deli meat      | -Fruit leather   |
| -tuna pouches   | -Fruit sauce pouches   |
| -Cooked chicken | -Whole grain crackers  |
| -Eggs           | -1/2 whole grain bagel   |
| -Beans          | -Oatmeal   |
| -hummus         | -Dry higher-fiber cereal   |
| -Cottage cheese | -Popcorn   |
| -Milk           | -Whole grain bread   |

Here are some combo ideas using both lists to make that dynamic duo of protein + carbs.

Apple slices with peanut butter, tuna pouch with wheat thins, ½ baked potato with beans and salsa, cottage cheese with diced cucumbers and tomatoes, Greek yogurt with fruit, ½ bagel with turkey slices, trail mix, egg salad with celery sticks for scooping, peanut butter energy bites (check out my webpage for the recipe!).

Despite what Pinterest and Instagram says, you don't need to have everything packaged pretty, cut into fun shapes, or 100% homemade to have a good snack. Just have a couple options from each list on hand and you're golden! Happy snacking!