Good Snacks to Have on Hand

**Protein** *(alertness, energy, motivation)*
- Cheese
- Tuna or sardines
- Hard-boiled eggs
- Yogurt

**Fruits & Vegetables** *(memory, stress reduction)*
- Frozen fruit bars
- Fresh fruit
- Dried fruit
- Veggies & dip (low fat)
- Orange juice
- Applesauce

**Nuts & Seeds** *(reasoning and memory)*
- Sunflower or pumpkin seeds
- Trail mix
- Nuts
- Granola bars
- Peanut butter

**Carbohydrates** *(calming effect; helps you sleep)*
- Graham crackers
- Fig Newtons
- Bagels (whole grain)
- Pudding (low fat)
- Pretzels
- Tortilla chips
- Hummus & pita bread (whole grain)
- Cereal (hot or cold)
- Popcorn

**Brain Drainers** *(can cause lethargy; impede concentration)*
- Alcohol
- Artificial sweeteners
- Colas/sugary drinks
- Products containing corn syrup
- Products containing hydrogenated fats
- White breads