

### 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