

HEALTHY SNACKS

TO GET YOU THROUGH QUARANTINE

FRUITS & NUT BUTTER

A banana or an apple with almond or peanut butter are two popular examples of this delicious combo.

VEGGIES & HUMMUS

There are tons of hummus flavors you can try, such as roasted red pepper, garlic or classic. Pair one or two spoonfuls of your favorite hummus with carrots, peppers, cucumbers or celery.

GREEK YOGURT

Packed with protein and nutrients, this snack will keep you full and satisfied until your next meal. Be careful to check the sugar content of the brand you plan to buy because some brands have a lot of added sugar. Your best option is plain Greek yogurt; add a little honey or fruit to sweeten it up! You can also make a yogurt parfait with berries, bananas and nuts.

JERKEY

This is another protein-packed, satisfying snack that you can easily take on the go.

A HANDFUL OF NUTS

Almonds, peanuts, cashews, walnuts and pecans are all good snacks. They each contain healthy fats and protein that will fill you up.

DARK CHOCOLATE

Believe it or not, chocolate, in moderation, has health benefits! However, white or milk chocolate aren't quite as beneficial as dark chocolate because they have much more sugar. Opt for at least 60% cacao dark chocolate to satisfy your sweet tooth without spiking your blood sugar.

TURKEY & CHEESE ROLL-UPS

Pair sliced deli turkey with your favorite cheese for a delicious, nutritious midafternoon snack.

A HARD BOILED EGG

Just one egg has seven grams of protein and less than 80 calories! Add a little salt and pepper, or slice it up and eat it with whole wheat crackers or toast.

