



Healthy Snacks

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A well-balanced snack can help curb hunger between meals, prevent overeating at meals, and keep energy more stable throughout the day. These snack ideas include both protein and fiber so that you don't end up hungrier *after* eating.

No Refrigeration Required

- Apple, banana or grapes + nuts
- Trail mix made mostly of nuts and a little dried fruit
- Air-popped popcorn + peanuts
- Tuna snack pack with whole wheat crackers
- Apple, carrots, or celery + nut butter
- Oatmeal + fruit + nuts
- Roasted chickpeas (recipe on back)



Refrigeration Required

- Cup of lentil or bean soup
- Edamame
- Frittata muffins (recipe on back)
- Hard boiled egg + whole grain toast
- Plain yogurt + fresh or frozen fruit
- Whole grain crackers + cheese
- Tomato slices + feta cheese
- Cottage cheese + fruit, or cucumber and salsa
- Chia pudding (recipe on back)





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Recipes



Roasted Chickpeas

Rinse, drain, and dry 1 can of chickpeas (AKA garbanzo beans). Drizzle with olive oil and sprinkle with seasonings of choice. Bake at 425°F for 40-50 minutes, stirring every 10 minutes, until crunchy and golden brown.



Frittata Muffins

Whisk 10 eggs, add 2 cups cooked vegetables of choice, and pour into a greased or lined muffin pan. Bake at 350°F for 20-25 minutes. Serve warm. Refrigerate up to 4 days.



Chia Pudding

In a jar, shake together 1 ½ tablespoons chia seeds + ½ cup milk or milk alternative. Add other flavors as desired such as vanilla extract, fruit, or a little sweetener. Refrigerate for at least 2 hours or overnight.

“Handy” Portion Sizes



Small handful

- Nuts
- Trail mix



Thumb

- Nut butter
- Cheese



Half fist

- Cooked grains
- Beans

Fist

- Yogurt
- Cottage cheese