Top 10 Essential Energy-Providing Must Have

Food Staples for the College Student

1.) Natural Peanut Butter
   → Did you know? Natural peanut butter contains only peanuts and does not have trans fats or added sugars. Natural peanut butter is also a terrific source of healthy fats and contains protein.

2.) Unsalted Nuts and Seeds
   → Did you know? Unsalted nuts contain many phytochemicals and are an excellent source of essential fats which are necessary for healthy brain function.

3.) 100% Natural Salsa
   → Did you know? A serving of salsa counts as a serving of vegetables.

4.) 100% Whole Grain English Muffins or Small Whole Grain Tortillas
   → Did you know? One english muffin or small tortilla is the equivalent of 1-2 servings of the daily recommendation for starches whereas a bagel can contain up to 4 or more servings.

5.) Snack Crackers
   → Did you know? Snack crackers can be an excellent source of whole grains and fiber. Read the label! Select snack crackers which contain 100% whole wheat or whole grains.

6.) Granola Bar
   → Did you know? Granola bars can contain large amounts of sugar so choose a product with less than 6 grams of sugar and one that contains whole oats.

7.) Can of Wild Salmon
   → Did you know? Salmon is one of the best sources of omega-3 fatty acids, which reduce inflammation and enhance cognitive functioning.

8.) Can of Low Sodium Beans (black beans, kidney beans, etc.)
   → Did you know? Beans are an excellent source of low fat, high fiber protein.

9.) Natural Popcorn
   → Did you know? Popcorn is considered a whole grain! Choose natural popcorn which contains lower amounts of sodium and saturated fat than regular popcorn.

10.) Cereal
    → Did you know? Cereal can be a great on-the-go snack; just toss some cereal (preferably one with a short ingredient panel, whole grain and low in sugar) in a bag or container and hit the road!
Power Snacks and Mini Meals

With all snacks and mini meals, try to include a source of at least one of the following: fiber, protein and healthy dietary fat. This combination provides the body with nutrients that promote prolonged satiety.

- Top a whole grain english muffin with natural peanut butter.
- Pair unsalted nuts and seeds with a piece of fresh fruit.
- Top canned beans with salsa and a sprinkle of sharp cheese.
- Dip snack crackers into salsa or hummus.
- Create your own trail mix using popcorn, unsalted nuts, and cereal.
- Make a wild salmon salad with a packet of mayo and relish and spoon onto crackers.
- Top greek yogurt with fibrous cereal or raw oatmeal and chia seeds.
- Create a quesadilla using a 6-inch whole grain tortilla. Add salsa, fresh veggies, and beans!
- Grab a granola bar with a mix of fiber of protein.
- Spread natural peanut butter on carrots or a piece of fruit such as an apple or banana.