

Balanced Snack Ideas for Busy Days

Alessandra Stasnoplis, RDN, LDN

It can be hard to eat healthy at work or on the go—but if you focus on adding nutrition into your diet, rather than taking options away, the journey becomes easier. Wellness Advisor Alessandra Stasnoplis, RDN, LDN, recommends listening to hunger cues, eating consistently, and choosing balanced snacks that combine a complex carbohydrate with a protein source. Choose one snack from each category, and mix and match to suit your tastes ... or, choose an all-in-one snack.

Balanced snacks

Protein / Fat

- Nuts or Seeds
- Cheese
- Bean Dip
- Nut/seed butter of choice
- Jerky (beef, chicken, turkey, vegan)
- Black bean chips

Carb / Fiber

- Fresh fruit (Berries, banana, mango, guava, etc.)
- Dried Fruit
- + Dried fruit/veggie chips (plantain, beet, kale chips, etc.)
- Crackers or apple slices
- Popcorn
- Orange slices

DIY umami-inspired Trail mix

- Dried edamame
- Chickpeas
- Senbei (rice crackers)
- Seaweed
- Wasabi-spiced nuts

All-in-One Snacks

- Meal Replacement Bars
- Smoothies
- Sandwiches
- Veggie and bean quesadilla
- Spring rolls
- Roti wrap



For nutrition customized to your needs, schedule a session with a registered dietitian. Up to 26 preventive visits per year are included with your health plan.