

Nutrient-Dense Snack Formula

Your body is like a car in some ways; it needs to refuel regularly to function its best. When your body is running on empty without enough fuel, it can be hard to think, move, and simply go through your daily routine without feeling distracted or “hangry” (hungry + angry).

Snacks can help you refuel between meals, keeping you energized, focused, and ready to do what you enjoy most. Here’s a simple formula that you can use to create snacks that will leave you nourished and satisfied between meals:

Carbohydrates (grains, fruits, and vegetables)
+ Protein (dairy, nuts, and other protein foods) =



After looking through some of the nutrient-dense snack ideas listed on the following pages, work with your nutritionist to find ten snacks that you are interested in trying:

My Top 10 Snack Ideas:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

On-the-Go Snack Ideas:

Sweet & Fruity:

Apple with peanut butter
Granola bar with almonds
Banana and Nutella® in a wrap
Granola with yogurt
Pineapple and cottage cheese
Banana chips with yogurt
Fig Newtons™ with milk

Raisins or dried cranberries with almonds or walnuts

Chocolate chip or oatmeal cookies with milk

Orange juice with mixed nuts

Graham crackers with peanut butter

Vanilla wafers with pudding

Grapes with cheddar cheese cubes

Banana bread or blueberry muffin with milk



Salty & Savory:

Triscuit™ crackers with tuna salad (ex. StarKist Pouches)

Parmesan-Garlic pita chips with a cheese stick

Mini wheat bagel with veggie cream cheese

Half of a peanut butter and jelly sandwich

Honey-wheat pretzels with a hard-boiled egg

Pretzel Crisps® with cream cheese

Potato chips with jerky (beef or turkey)

Chex Mix™ with cashews

Carrots with ranch or veggie dip

Multigrain pita chips with hummus

Wheat Thins© crackers with cheese

Pretzels with edamame pods

Goldfish® crackers with a cheese stick



Snack Ideas to Make at Home:

Sweet & Fruity:

- Whole-grain cereal (ex. Quaker® Oatmeal Squares) with milk
- Oatmeal with sliced apples, brown sugar, and milk
- Cinnamon-raisin bagel toasted with almond butter
- Crepe with sliced strawberries and Nutella®
- Multi-grain waffle topped with yogurt, berries, and nuts
- Ice cream with fudge and chopped walnuts
- Frozen yogurt with sliced pineapple and shredded coconut
- Vanilla yogurt with granola and dried fruit
- Hot chocolate made with milk and hot cocoa mix
- Frozen banana dipped in chocolate, rolled in nuts
- Graham crackers with cream cheese and strawberries



Salty & Savory:

- Celery topped with peanut butter and raisins
- Corn tortilla chips with guacamole
- Nachos (tortilla chips with melted cheese)
- Everything bagel with chive and onion cream cheese
- Quesadilla (tortilla with melted cheese and chicken or beans)
- French bread topped with tomato, feta, and olive oil
- Whole-grain toast with avocado spread on top
- Mozzarella sticks with marinara sauce
- Corn tortilla chips with black bean dip
- Bagel crisps® with spinach-artichoke dip
- Crackers with Brie cheese and dried cranberries



5-Minute Mini Meals:

Sweet & Fruity Recipes:

Yogurt Parfait:

Yogurt, dried cranberries, granola, chopped nuts or seeds, and honey

Fruit Waffle Cone:

Waffle cone filled with yogurt, melon, berries, and pineapple

Apple-PB Chips:

Sliced apples topped peanut butter with raisins and granola sprinkled on top

Banana Split:

Sliced banana topped with ice-cream, chocolate syrup, and chopped walnuts

Berry Smoothie:

Milk, yogurt, frozen berries, and nuts or nut butter

Milkshake or Frappe:

Milk, ice-cream or frozen yogurt with chocolate or strawberry syrup

Salty & Savory Recipes:

Stuffed Baked Potato:

Potato topped with veggies, beans, melted cheese and sour cream

Veggie Pita Pocket:

Pita bread with hummus, cheese, beans and veggies (ex. shredded carrots, sliced peppers, cucumbers, and tomatoes)

Tuna Melt:

French bread topped with tuna, mayo, and melted cheddar cheese

Pizza Bagel:

Bagel topped with tomato sauce and melted mozzarella cheese

Pesto Crostini:

French bread topped with pesto sauce and melted Parmesan cheese

Stuffed Baked Potato:

Baked potato topped with veggies, beans, melted cheese and sour cream

Ham & Cheese Melt:

Whole-grain bread toasted with cheese, sliced ham, and mustard

Make-Your-Own Trail Mix:

Granola, dried fruit, nuts or seeds, and chocolate chips or M&Ms



No time to Prep? Try These Packaged Snack Combos:

Sweet & Fruity Snacks:

- Granola Bar (ex. Clif®, KIND®, Luna®, Larabar®)
- Fruit with an individual peanut butter packet (ex. Jif®, Justin's®)
- Dried fruit-nut-cheese snack pack (ex. Sargento®, P3-Portable Protein Pack®)
- Chocolate-covered nuts (ex. Brookside™ Crunchy Clusters, Dove® chocolate-covered nuts)
- Yogurt packed with toppings (ex. Chobani® Flips, Yoplait® Mix-Ins)
- Smoothie (ex. Chobani®, Activia®, Stonyfield™, Naked®-Protein)
- Granola Bites (ex. Nature Valley™, Quaker Oats™, Mamma Chia™)
- On-the-go oatmeal cups (ex. Quaker® Real Medley, Bob's Red Mill®)
- Ice-Cream Bars (ex. Magnum®, Klondike®, So Delicious®)



Salty & Savory Snacks:

- Peanut butter or cheese cracker sandwiches (ex. Ritz®, Keebler®)
- Packaged PB & jelly or PB & honey sandwich (ex. Uncrustables®)
- Pretzel and hummus snack packet (ex. Sabra®, Cedar's™)
- Bagel Chips with cream cheese dip (ex. Philadelphia®)
- Nut butter snack bites (ex. Larabar® Bites, Skippy® PB Bites)
- Trail mix snack pack
- Peanut butter pretzel bites



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