**HEALTHY SNACK DUOS ON THE GO**

*With hectic lives and crazy rotation schedules, eating right on a tight budget can be tough. Here are some quick, healthy, and smart snack duos to keep in your pockets while on the go.*

**Apple/Nuts**

By combining 1.5 ounces of nuts with an apple, this smart duo will promote satiety while delivering healthy fats and fiber.

**Where to buy in bulk:** Most grocery stores carry all types of nuts that you can pay for by the lb. ranging from $6-10/lb.

**Dried Fruit/Dried Edamame**

One serving of dried edamame contains nearly 14g of protein.

**Where to buy:** Next time you make a Target run check out their food brand ‘Simply Balanced’ for freeze dried fruits ranging from $2.99-6.99/package.

**Nut-Thin Crackers/ Peanut Butter**

Peanut butter is a great source of both protein and healthy fats to help you stay full longer.

**What to buy:** Purchase individual servings of peanut butter to make it easy to take on-the-go with the correct portion.

**Clementines/ Dark Chocolate**

Clementines are packed with vitamins and minerals while dark chocolate is full of antioxidants and healthy fats making it the perfect midday snack.

**Portion Control:** one serving of dark chocolate is 1.5 oz or 1-2 squares.

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**Prepackaged Snacks**

**Lara Bars**
Cost per box: $15.99
Servings: 16 count

**Chef’s Cut Real Turkey Jerky**
Cost per bag: $5.99
Servings: ~8 per bag

**Sea Salt Roasted Chickpeas**
Cost per bag: $3.29
Servings: ~5 per bag

**KIND Mini Cranberry Almond + Antioxidants**
Cost per box: $14.97
Servings: 12 count
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Here are some homemade snack ideas that can be made ahead of time when you find yourself with a break in your schedule.

**Peanut Butter and Banana Trail Mix**

**Ingredients:**
- Almonds
- Peanuts
- Banana chips
- Chocolate and peanut butter chips

**Directions:**
Since everyone has their own unique taste preferences, combine these ingredients to the amount that tastes best for you.

Store in a dry, cool area in a sealed container.

*Timesaver tip:* Make a big batch on a weekend when you have extra free time and enjoy throughout the week!

**No Bake Energy Bites**

**Ingredients:**
- 1 cup rolled oats
- 1/2 cup mini semi-sweet chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup crunchy peanut butter
- 1/3 cup honey
- 1 tsp. vanilla extract

**Directions:**
Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.

Form into balls using your hands and arrange the balls on a baking sheet.

Freeze until set, about an hour.

Store balls in a sealed container in the freezer and grab a couple in the morning for the day when you’re on the go.

**Ingredient Spotlight: Flax seed & Walnuts**

Both flax seeds and walnuts contain a high content of poly unsaturated fatty acids, making them energy-dense foods.

A 2010 study published in *The Journal of Nutrition* showed results in a 12-week intervention with a decreased prevalence of metabolic syndrome when flax seeds (-20.2%) and walnuts (-16%) were paired with lifestyle counseling, rather than lifestyle counseling by itself (-16.9%). The addition of flax seeds and walnuts to lifestyle counseling improved total weight loss in the intervention.