

Better Snack ideas to fuel mind and body!

#1: Jerky

Jerky is a tasty and easy grab and go snack that's **loaded with protein to keep you going**. It doesn't matter what jerky you choose: **beef, pork, turkey, salmon** are all good choices. Choose whatever kind you enjoy!

#2: Nuts

Nuts are fabulous because they're **packed with protein and healthy fat**, yet low in carb. They will keep you satisfied while fueling you. Any nut is great: almonds, cashews, walnuts, macadamia nuts, etc.

#3: Veggie/Corn Chips and Guacamole

This is a **great option for those with allergies** since there are no nuts, wheat, dairy, or eggs involved. Additionally, guacamole is a tasty source of healthy fats. You can pick up single serving packets of guac by Sabra or Wholly Guacamole at your local Target, Walmart, or another grocery store.

#4: Carrots/Celery Sticks and Nut Butter

For picky eaters like me, **this is a tastier way to eat nuts**. I don't like raw nuts, but nut butter is delicious and just as nutritious as nuts. Nut butters will satisfy your hunger and fuel your brain

#5: Carrots/Celery Sticks and Hummus

This snack makes another great option for students with allergies or intolerances since you can avoid dairy, eggs, wheat, and nuts. Also, this snack is yummy and satisfying.

#6: Cheese

Cheese is an awesome snack for picky eaters because who doesn't like cheese? Also, there are several easy to transport and eat cheese options such as **string cheese and Babybel**. Cheese is loaded with fat and protein to keep you feeling full and to power you to ACT success.

#7: Apple/Banana and Nut Butter

Another yummy snack for the picky eaters out there. As I said in the veggie sticks and nut butter section, you should **try to choose a natural nut butter** over a processed one with sugar and/or corn syrup, but if the processed is all you have, that's fine.

#8: Dried Fruit

Dried fruits are full of nutrients to give you the extra boost you need. If you can, try to pick dried fruit with no added sugar. If you only find dried fruit with added sugar, then you should try to mix them with nuts to create a trail mix that offsets that sugar with healthy stuff.

#9: Seeds

Seeds are a treat usually reserved for the baseball field, but they make an excellent snack anytime. **Seeds are full of the healthy fats** that will keep you focused during the ACT. Choose any seeds you like: **pumpkin seeds (aka pepitas), flax seeds, sunflower seeds**, etc.

#10: Fruit and Nut Bars

These bars are delicious, and that's coming from a very picky eater. **Check out KIND or Larabars** because they contain only natural ingredients. Made up of mostly dried fruit and nuts, these bars are loaded with healthy fats and nutrients.