

## Suggestions for Healthy Snacks at College

Keep your room stocked with healthy snacks you can grab when you're hungry, such as:

- Animal crackers
- Canned fruit
- Crackers
- Energy (or protein) bars
- Fresh fruit
- Granola bars
- High fiber cereal
- Nuts
- Oatmeal (packets)
- Pita bread
- Popcorn (try the single-serving bag)
- Pudding
- Soup
- Trail Mix
- Tuna fish

If you have a fridge, try:

- Baby carrots and celery
- Hummus
- String cheese
- Yogurt and smoothies
- Water, flavored seltzer waters, and low-fat milk