Having a variety of snacks on hand is very important. If you’re ever feeling hungry between class or before bed, having snacks handy can be really helpful. It’s always good to pair a **protein and carbohydrate** together for **satiety and to regulate your blood glucose levels**. This means you’ll have a consistent source of energy throughout the day so you don’t feel fatigued.

*A mini fridge and/or microwave in your dorm can help increase your snack options as well*

1. Apple + Peanut Butter
2. Raisins + Almonds
3. Crackers + Cheese
4. Carrots + Hummus
5. Berries + Cottage Cheese
6. Oatmeal + Cow/Soy Milk
7. Grapes + String Cheese
8. English Muffin + Nut Butter
9. Granola + Greek Yogurt
10. Rice + Beans

These are just some examples of easy snacks to keep on hand, there are many other options to choose from!

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