

## How to Build a High Energy Snack

Easy Homemade Snack Ideas	Calories
2 slices of bread + 2 tbsp peanut butter + ½ banana + 1 tbsp honey	550
1 cup pasta + 2 slices American cheese + 2/3 cup whole milk	500
1 8" tortilla + 2 tbsp chocolate hazelnut spread + 1 banana	410
2 oz meat + 2 slices of bread + 2 tsp mayonnaise	400
2 toaster waffles + 4 tbsp syrup	400
1 oz pretzels + ¼ cup nuts + 15 goldfish crackers	350
2 cups peanut butter + 2 cups honey + 2 cups powdered milk. Mix thoroughly, drop small handfuls into bowl of wheat germ, toss to fully coat. Refrigerate at least 1 hour. Makes 16 servings.	350
2 graham cracker sheets + 1 cup whole chocolate milk	340
1 8" tortilla + ¼ cup shredded cheddar + 1 sliced apple (melted)	330
1 small box raisins (1.5 oz) + 1 oz nuts	305
6 mini rice cakes + 2 chocolate hazelnut spread	250
1 large bagel + 2 tbsp cream cheese	300
1 6" Tortilla + ¾ cup beans + ¼ cup shredded cheese	300
2 tbsp hummus + 1 large pita	250
1 small apple or banana + 2 tbsp peanut butter (try with cinnamon!)	250
1 cup raw veggies + ¼ cup salad dressing	250
4 vanilla wafers + 1 cup whole milk	220
½ cup full fat cottage cheese + ½ cup canned fruit or fruit cocktail	190
¾ cup Greek yogurt + ¼ cup walnuts + 1 tbsp honey	400
2 tbsp hummus + 6 whole wheat crackers	200

### Commercial Snack Bar Options\*

Brand	Calories	Brand	Calories
Balance Bar	180-210	RX Bar <sup>GF</sup>	210
Rise Bar <sup>GF</sup>	190-210	Nature Valley Protein Bar <sup>GF</sup>	190
Bumble Bar <sup>GF, V</sup>	190-210	Nature Valley XL Protein <sup>GF</sup>	280
Clif Bar	230-260	Power Bar <sup>GFS</sup>	190-230
Clif Mojo Bar <sup>GFS</sup>	200	Vega Protein+ Snack Bar <sup>GF, V</sup>	200
Detour Bar (oatmeal varieties)	460	KIND Bar <sup>GF</sup>	180
Lara Bar <sup>GFS</sup>	190-230	Quest Bar	170-200
Luna Bar <sup>GF</sup>	170-190	Orgain <sup>GF</sup>	150
GoMacro Bar <sup>V, GF</sup>	270-290	Pure Fit Bar <sup>GF, V</sup>	220-230
Pro Bar (Meal varieties)	350-390	Zone Perfect Bar	180-210
Pro Bar (Base varieties)	280-290	Kashi GoLean <sup>GF, V</sup>	200

\* Note: These are examples only. UVA Health does not endorse any specific products or companies.

GF = gluten-free

GFS = gluten-free some varieties

V = vegan

Design your own custom snack by mixing and matching from columns below:

50 calories	100 calories		200 calories
½ cup fruit	1 cup fruit	½ cup pudding	1 large bagel
1 small round fruit	1 cup fruit juice	2 oz lean meat/ tofu	1 cup pasta
½ banana	2 cups vegetables	1 veggie burger	½ cup stuffed pasta (ravioli, tortellini)
½ cup unsweetened applesauce	1 small baked potato	¾ cup legumes	1 large pita bread
1 cup vegetables	½ cup mashed potatoes	1 egg	1 small soft pretzel
4 saltines	1 slice bread	1 oz cheese	1 pack of sandwich crackers
15 goldfish crackers	½ bagel	¼ cup shredded cheese	1 cup granola or high calorie dry cereal
1 oz lean meat	1 6" tortilla	1 tbsp peanut butter	1 regular granola bar
½ cup 1% low fat cottage cheese	1 English muffin	½ cup soup (broth based)	1 regular granola bar
½ cup skim milk	1 low fat granola bar	½ cup regular cottage cheese	3 tbsp trail mix
½ cup fat free, light yogurt	3 cups popcorn	½ cup regular yogurt	1 cup regular cottage cheese
1 oz lean meat/tofu	1 oz pretzels or baked chips	1 cup skim milk	1 cup regular yogurt
1 tbsp chopped nuts	10 animal crackers	2/3 cup whole milk	1 cup regular yogurt
2 tbsp hummus	4 vanilla wafers	¾ cup 2% milk	½ cup regular ice cream
2 tbsp sour cream	¾ cup dry cereal	1 slice American cheese	4 oz lean meat/ tofu
2 tsp peanut butter, almond butter or cashew butter	½ cup cooked cereal	½ cup skim milk powder	2 oz cheese
1 tbsp regular salad dressing	2 small pancakes	2 tbsp honey, syrup, jelly, or jam	2 tbsp peanut butter
1 tbsp cream cheese	1 toaster waffle	1 ½ tbsp sugar	¼ cup nuts
1 tsp cooking oil, butter, margarine, or mayonnaise	3 cups air popped popcorn		1 cup soup (broth based)
1/8 avocado	½ cup edamame		½ cup cream soup
	25 pistachios		