

High Energy Snacks

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 & Shakes Options*

Nutrition supplements and/or bars can play a key role in helping you meet your calorie needs.

Bars	Calories	Shakes	Calories
Rise Bar	270-280	Ensure Complete	350
Nature Valley Protein Bar	200	Ensure Plus	350
Cliff Bar	230-290	Boost Plus	360
Kind Protein Bar	250	Equate Plus	350
Lara Bar	190-230	Fairlife Shakes	150-230
Luna Bar	170-210	Carnation Instant Breakfast Essentials	240
GoMacro Bar ^V	270-290	Boost Breeze	250
ProBar	270-390	Ensure Clear	180
Perfect Bars	340	Bolthouse Farms Protein Plus	400
One Protein Bar	230	Orgain Nutrition Shake ^V	240
Pure Fit Bar ^V	220-230	Kate Farms Nutrition Shake ^V	330
RX Bar	230	Boost High Protein	250

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

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