



# Bite-Sized Tips

from Lifestyle Medicine



## MID-DAY ENERGY BOOST: SWAP VENDING MACHINE FARE WITH ONE OF THESE BALANCED SNACKS

Small balanced snacks combining carbohydrates, lean proteins, and healthy fats will help keep your energy boosted between meals. Here are 12 favorite mid-day snacks from our team:



1 small apple with  
1 – 2 tablespoons  
nut butter



Raw vegetables  
+ hummus



Tuna or chicken  
salad on Wasa or  
whole grain  
cracker



Sandwich with  
thinly sliced bread  
+ sliced turkey  
+ avocado slices



1 small corn  
tortilla with 1/4  
cup beans + salsa



1/2 cup cottage  
cheese + 3/4 cup  
berries or melon



1 light yogurt  
+ 1 tablespoon  
flax seed



5 oz. Greek yogurt  
+ 1/4 cup berries  
+ 2 tbsp granola



1 small orange  
+ 1/4 cup nuts  
(walnuts, pecans,  
almonds)



Banana + 1.2 oz  
nuts, dried fruit +  
2 – 3 squares  
dark chocolate



1/3 cup roasted  
chickpeas +  
1/2 cup grapes +  
1 oz cheese cubes



1/2 cup cucumber  
slices + 1.2 oz  
dried nuts, fruit  
+ 1/2 avocado

## Lifestyle Medicine

VALLEY MEDICAL CENTER

POWERED BY  PINNACLE  
MEDICAL WELLNESS



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