

*BB&N presents...*

## SMART SNACKS FOR HEALTHY STUDENTS

Today's students juggle an array of academic, arts, and athletic commitments. Oftentimes, you are away from home for many hours, and yet you want to feel energized and prepared for it all. You never want to go into a situation that requires your attention, memory, or performance (classes, tests, rehearsals, practices, games) when you are dehydrated or hungry. However, under the bombardment of slick advertisements that push fast, convenient, and tasty choices, it's sometimes hard to remember the purpose of a healthy snack.

High in saturated fat, cholesterol, and sodium (think fast food egg muffin sandwiches), a bad snack can leave you feeling heavy, slow, foggy, and ready to procrastinate. Or high in sugar and caffeine (think "energy" drinks, sodas, sweets), a bad snack can leave you feeling overexcited, jittery, distracted, and edgy. Even more serious, unhealthy snacking can have long-term consequences as it clogs your arteries, saps minerals from your bones, and packs on pounds of fat.

A good snack leaves you feeling alert, energized, satisfied, and ready to go. Not only does it fuel your body, it supports your mental focus and retention. Low in saturated fat, cholesterol, sugar, and salt, a good snack is an important addition to an overall healthy diet. To meet the high demand for academic, creative, and athletic energy, the ideal snack should provide a [nutritious and delicious](#) combination of [carbohydrates](#), [protein](#), [fiber](#), and [healthy fat](#).

### AVOID

High sugar content  
Caffeine  
Hydrogenated oils (transfats)  
High fructose corn syrup  
Artificial colors  
Artificial flavors  
Empty calories

### INCLUDE

Water  
Whole grains  
Fresh fruits and vegetables  
100% fruit juice  
Fiber  
Low-fat protein and dairy  
Nutrient-dense calories

In an effort to support healthy snacking at BB&N, we will feature only wholesome choices in our vending machines. New refrigerated machines will allow us to offer nutritious and delicious options such as organic milk, yogurt, fresh fruit, hummus, cheese sticks, and gluten free alternatives. Our supplier will work closely with Dining and Health services to support BB&N's allergy awareness policy.

# HEALTHY SNACKS FOR SMART STUDENTS

The following components are examples of nutritionally balanced, enjoyable, and energizing snacks.  
(1 from **purple** + 1 from **green**; **OR** 1 from **turquoise**; **PLUS water**)

**Any fresh fruit (orange slices, apples, bananas, clementines, etc.)**

**Dried fruit (apricots, plums, cherries, raisins, etc.)**

**Applesauce cups (also peach, pear, etc.)**

**Baby carrots**

**Raw vegetable strips (carrot, celery, peppers, etc.)**

**Baked tortilla chips and salsa**

**Whole grain crackers**

**Whole grain pita bread**

**Popcorn**

**Rice cakes**

**100% fruit juice**

**Vegetable juice**

**Yogurt**

**Hummus**

**String cheese**

**Sunflower seeds**

**Low fat cheese**

**Hard-boiled eggs**

**Energy bars**

**Dark chocolate**

**Low-fat milk**

**Soy milk**

**Nuts and nut butters\*\***

**Trail mix**

**High-protein pretzels**

**Oatmeal raisin cookies**

**Whole grain cereal, granola, muffins, and waffles**

**Water...water...water (Essential for brain and muscles functioning!)**



*"I shouldn't, but I'm going to have the garbage."*

\*\*Although nuts can be an excellent snack option, BB&N is very sensitive to people with nut and peanut allergies because of the potentially life-threatening reaction some can experience. Please do not include nuts/peanuts in snacks for school events.

*For sport-specific snack strategies, contact Director of Health and Fitness Henri Andre directly.*

\* Cartoon reprinted with the permission of *The New Yorker*