

Easy snacks for high energy

One way to keep your energy up is to choose snacks that have fiber and protein. These foods are digested more slowly. That way you won't "crash" like you do after eating sugar-filled and low-fiber foods. Some healthy choices include:



An apple with a small handful of nuts

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Carrots and celery with string cheese

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Greek yogurt and fresh berries

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Source: Academy of Nutrition and Dietetics