

## ***Easy protein snacks***

A great way to get healthy protein throughout the day is to make snacks with protein. The protein can help you feel fuller, holding you over until your next meal. These snacks may also help avoid a blood sugar crash that leaves you feeling sluggish and even hungrier than before. Try these ideas for tasty and easy-to-pack snacks:



Hummus with sliced peppers, carrots, celery or cucumbers



Peanut butter or almond butter with a banana



¼ cup of nuts, such as almonds, walnuts or pistachios with fresh fruit



Roasted pumpkin seeds (buy them roasted or bake on a cookie sheet at 300° for 20 minutes)



Tortilla with black beans, salsa and a sprinkle of low-fat cheese



Roasted soy nuts (available at many supermarkets)



A hard-boiled egg with leafy greens



Low-fat string cheese with an apple or pistachios