Do you skip meals only to find yourself fatigued and foggy-headed? Your body needs food every 3-4 hours for sustained energy and concentration. Stay energized throughout the day by shopping regularly and packing several of these grab-n-go items each day.

**Carbohydrates:**
- Wholegrain bagel
- Whole wheat or raisin bread
- Whole wheat pita/tortilla
- Whole grain crackers
- Mini rice cakes
- Whole grain breakfast cereal
- Light microwave popcorn
- Low-fat pasta salad
- Instant oatmeal packets
- Whole wheat pretzels
- Whole grain muffins
- Baked chips
- Fig or apricot bars
- Low-fat granola bars
- Graham crackers
- Oatmeal/peanut butter cookies (occasionally)

**Protein Foods:**
- Low-fat Greek yogurt or cottage cheese
- Fortified soymilk or soy yogurt
- Flavored pressed tofu
- Beef/turkey/tofu jerky
- Low-fat Mozzarella cheese sticks
- Hard boiled eggs
- “Instant” low salt soups (i.e. bean, lentil, split pea)
- Trail mix (add high fiber cereal)
- Nuts/soynuts
- Hummus spread
- Peanut/almond/cashew butter
- Bean dip
- Sunflower or pumpkin seeds
- Energy bars with ≥10gms. Protein & ≥5g Fiber
- Edamame
- Lean deli meats
- Tuna/salmon/sardines (water packed)
- Chicken or turkey (canned, water packed)

**Vegetables:**
- Baby carrots
- Celery sticks
- Bagged lettuce
- Cherry tomatoes
- Cucumbers
- Broccoli/cauliflower
- Low-fat coleslaw
- Low sodium V-8 juice
- Carrot juice
- Green and red pepper strips

**Fruit:**
- Fresh fruit (orange, apple, kiwi, tangerines, melon, grapes, banana, pear, plums, nectarines, strawberries, etc.)
- Dried fruit (apricots, raisins, figs, prunes, apples, mango, papaya, cranberries, etc.)
- Applesauce (single serving size)
- Dried fruit leathers
- Small box of juice (freeze and use to keep other snacks cold and safe.)
- Canned fruit packed in its own juice