



## WELLNESS CENTER

Lake Shore Campus • Granada Center 310  
6439 N. Sheridan Road • Chicago, IL 60626  
P 773.508.2530 • F 773.508.2505 • W LUC.edu/wellness

Water Tower Campus • Terry Student Center 250  
26 E. Pearson St. • Chicago, IL 60611  
P 312.915.6360 • F 312.915.6362













## Snack Ideas

It is important to eat snacks throughout the day. The number of snacks eaten daily will depend on activity level, age, sex, weight, height, appetite/hunger, and satisfaction. When considering what to eat for a snack determine what foods your body might be asking for – what kind of food sounds appetizing? Something salty? Sweet? Crunchy? Smooth? Determining what kind of food sounds appetizing will aid in overall satisfaction and honor your body's needs.

For improved satisfaction, fullness, and nutrient density, aim to pair protein sources with carbohydrate sources. Below are some ideas.

### POWER SNACK COMBOS

protein + carb = nutrient dense snack to keep you feeling full

	+			+	
unsalted nuts		dark chocolate	peanut butter		apples
	+			+	
yogurt		berries	hummus		carrots & cucumber
	+			+	
cheese		whole grain crackers	nut butter		rice cake

If you are interested in meeting with a registered dietitian, schedule an appointment by calling 773-508-8883 or book online at <https://www.luc.edu/wellness/nutrition/>.

REV 1/23 AR