

## The Work Snacks Nutritionists Swear By

Charge through your day with these healthy eats



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When hunger turns to “hanger,” and you’ve got mere minutes before that work presentation, you’re liable to make some rash snack decisions — like grabbing a stale donut from the office kitchen, or buying a bag of greasy potato chips from the vending machine.

Snacks like these will satisfy for a while, but an energy crash is right around the corner because they deliver a lot of calories without many nutrients.

The best option is keeping healthy snacks on-hand for those growling-stomach situations. For more work snack options, I asked the top experts in healthy eating — nutritionists and registered dieticians — to share their favorites.

## KIND Bar



Photo source: [KIND](#)

“I always opt for a work-time snack that has protein, fiber, and great taste all in one. One of my favorite quick picks that meets all three of these is a Dark Chocolate Nuts & Sea Salt KIND bar. The protein and the fiber satisfy my hunger ‘til dinnertime and the dark chocolate is a definite bonus!” – [Jackie Newgent](#), RDN, author of *The With or Without Meat Cookbook*

## Turkey Roll-Up

*1 ounce of sliced turkey + 1 ounce lower-sodium ham, rolled up, with a few Romaine lettuce leaves*

“Protein is the ‘star’ of a healthy routine whether aiming to lose weight or maintain, as it releases energy over time and keeps us feeling full longer.” – [Dr. Wendy Scinta](#), Obesity Medicine Specialist, author of *BOUNCE™, A Weight-Loss Doctor's Plan for a Happier, Healthier and Slimmer Child*

## Nonfat Greek Yogurt with Fresh Fruit



“It’s tasty, quick, and easy, packed with protein and fiber to keep you full and keep your mind on the task at hand!” – [Monica Lebre](#), MS, RDN, LDN

### **Apple slices or banana slices with natural nut butter**

“Ideally, a snack will provide some carbohydrate, protein, fiber, and a little healthy fat... The combination of fiber from an apple along with protein and healthy fat from a nut butter is satisfying and nutrient-rich.” – [Vandana Sheth](#), Registered Dietician Nutritionist (RDN), and Spokesperson for the Academy of Nutrition and Dietetics

### **Kale Chips**



“I love [making my own](#) and sprinkling a little nutritional yeast (for a cheesier flavor) or just a tiny bit of sea salt. It almost feels like you’re eating chips except you are eating a superfood with too many benefits to name. It’s my bikini season go-to snack.” - [Jenny Giblin](#), Certified Nutrition Coach

### **Whole wheat crackers with nut butter**

“A good-for-you snack has a balance of carbs, protein, healthy fat, and fiber. Carbs help to give you energy, while protein, fat, and fiber help to sustain that energy and keep you full until your next meal.” – [Alissa Rumsey](#), Registered Dietician and Certified Strength and Conditioning Coach

## Sliced pear topped with cinnamon

“I love having a pear on an empty stomach, because it’s great for digestion and full of more pectin, a water-soluble fiber, than an apple. The cinnamon gives it a nice flavor, too!” – [Carissa Bealert](#), RD, LD/N

## Maia Yogurt



rBST-free. Made from Grass-Fed Cow's Milk from Family Farms, Not Treated with Hormones

Nutrition Facts		Amount/Serving		%DV*	
Total Fat	0g	0%	Potassium	340 mg	10%
Sat. Fat	0g	0%	Total Carb.	16g	6%
Trans Fat	0g		Fiber	3g	14%
Cholest.	0mg	0%	Sugars	13g	
Sodium	90mg	4%	Protein	11g	22%

Serv. Size 1 Container (170g)  
Calories 110  
Fat Cal. 0

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Our All-Natural Ingredients: Cultured pasteurized non-fat milk, prebiotic oat fiber, cane sugar, vanilla extract, tapioca starch and vanilla beans. 25+ Billion Probiotics & Live Cultures: Lactobacillus acidophilus, Bifidobacterium, Lactobacillus casei ssp. paracasei, Lactobacillus paracasei, L. delbrueckii ssp. Bulgaricus, Streptococcus thermophilus. No Preservatives. Contains milk. Grade A

Photo source: [Maia Yogurt](#)

“It’s the healthiest Greek yogurt out there, with the most probiotics and has a great, less-sweet flavor.” – [Laura Cipullo](#), RD, Nutritionist, and Certified Diabetes Educator

## Health Warrior Chia Bars



Photo source: [Health Warrior](#)

“These are made with the perfect combination of ingredients. Chia seeds help control hunger while enhancing your body with super nutrients. These are packed with natural energy and both gluten and dairy free!” – [Jenny Giblin](#), Certified Nutrition Coach

## Nuts and dried fruit

“Both are shelf-stable, easy to portion (just use a palmful each!), and have that great protein + fiber combo that will keep you full and focused.” – [Sarah Waybright](#), MS, RD, LD

## Tortilla chips and guacamole

*Avocado, garlic, tomatoes, and a dash of salt, pepper, and lime juice*



“I love this snack because tortilla chips are a whole-grain carb source for energy and the avocado [is] a healthy fat source.” – **Kim Ferreira**, MS, RD, LDN

## Unsweetened CocoaVia Dark Chocolate with low-fat organic vanilla yogurt

“If I’m on a tight deadline, I can still enjoy this chocolatey treat while I’m writing. CocoaVia is a cocoa extract supplement chock full of cocoa flavanols that are scientifically proven to support healthy circulation, important for heart, brain, skin, and muscle health. Yogurt offers a great way to get calcium and vitamin D essential for strong bones.” – [Frances Largeman-Roth](#), Registered Dietician Nutritionist, author of *Eating in Color: Delicious, Healthy Recipes for You and Your Family*

Source: <http://www.worldlifestyle.com/health/work-snacks-nutritionists-swear>