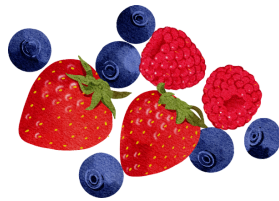


Ideal Snack Combinations

WHOLESOME, SIMPLE, ENERGIZING, FULFILLING, AND SUSTAINING



+



GREEK YOGURT

PROTEIN, HEALTHY FATS,
CALCIUM

MIXED BERRIES

SIMPLE CARBS, FIBER,
ANTIOXIDANTS



+



ALMONDS

PROTEIN, HEALTHY FATS,
FIBER, VITAMIN E,
MAGNESIUM

BANANA

FIBER, POTASSIUM,
FRUCTOSE, VITAMIN B6,
MAGNESIUM



+

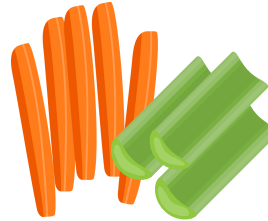


STRING CHEESE

PROTEIN, HEALTHY FATS,
CALCIUM

CLEMENTINE

FIBER, VITAMIN C, VITAMIN A,
POTASSIUM



+



CARROTS & CELERY

FIBER, ANTIOXIDANT,
HYDRATION, VITAMINS,
MINERALS

HUMMUS

PROTEIN, FIBER, HEALTHY
FATS



+



BOILED EGGS

CARBOHYDRATES, FIBER,
VITAMIN C, VITAMIN A

MULTIGRAIN BREAD

COMPLEX CARBS,
PROBIOTICS



+



APPLE

SIMPLE CARBS, FIBER,
VITAMIN C

NUT BUTTER

PROTEIN, HEALTHY FATS



+

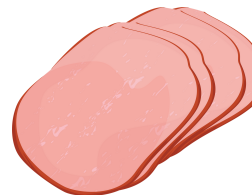


RICE CAKE

COMPLEX CARBS,
FIBER

NUT BUTTER

PROTEIN,
HEALTHY FATS



+



TURKEY SLICES

PROTEIN, B VITAMINS, IRON,
SELENIUM, ZINC,
PHOSPHORUS

SEED CRACKERS

PROTEIN, FIBER, HEALTHY
FATS



+



GRILLED CHICKEN

PROTEIN, B VITAMINS,
PHOSPHORUS, SELENIUM,
ZINC

CUCUMBER

FIBER, HYDRATION,
VITAMINS, MINERALS



+



BELL PEPPERS

CARBOHYDRATES, FIBER,
VITAMIN C, VITAMIN A

GUACAMOLE

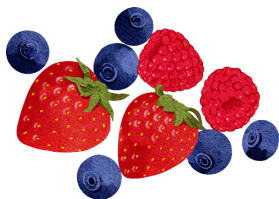
HEALTHY FATS (AVOCADO),
FIBER, POTASSIUM,
VITAMIN E

Ideal Snack Combinations for Emory Students

WHOLESOME, SIMPLE, ENERGIZING, FULFILLING, AND SUSTAINING



+



GREEK YOGURT

PROTEIN, HEALTHY FATS,
CALCIUM

MIXED BERRIES

SIMPLE CARBS, FIBER,
ANTIOXIDANTS



+



ALMONDS

PROTEIN, HEALTHY FATS,
FIBER, VITAMIN E,
MAGNESIUM

BANANA

FIBER, POTASSIUM,
FRUCTOSE, VITAMIN B6,
MAGNESIUM



+

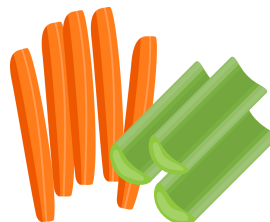


STRING CHEESE

PROTEIN, HEALTHY FATS,
CALCIUM

CLEMENTINE

FIBER, VITAMIN C, VITAMIN A,
POTASSIUM



+



CARROTS & CELERY

FIBER, ANTIOXIDANT,
HYDRATION, VITAMINS,
MINERALS

HUMMUS

PROTEIN, FIBER, HEALTHY
FATS



+



BOILED EGGS

CARBOHYDRATES, FIBER,
VITAMIN C, VITAMIN A

MULTIGRAIN BREAD

COMPLEX CARBS,
PROBIOTICS



+



APPLE

SIMPLE CARBS, FIBER,
VITAMIN C

NUT BUTTER

PROTEIN, HEALTHY FATS



+

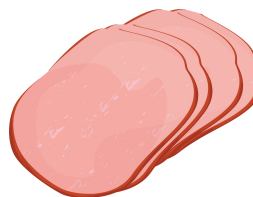


RICE CAKE

COMPLEX CARBS,
FIBER

NUT BUTTER

PROTEIN,
HEALTHY FATS



+



TURKEY SLICES

PROTEIN, B VITAMINS, IRON,
SELENIUM, ZINC,
PHOSPHORUS

SEED CRACKERS

PROTEIN, FIBER, HEALTHY
FATS



+



GRILLED CHICKEN

PROTEIN, B VITAMINS,
PHOSPHORUS, SELENIUM,
ZINC

CUCUMBER

FIBER, HYDRATION,
VITAMINS, MINERALS



+



BELL PEPPERS

CARBOHYDRATES, FIBER,
VITAMIN C, VITAMIN A

GUACAMOLE

HEALTHY FATS (AVOCADO),
FIBER, POTASSIUM,
VITAMIN E