



Children's<sup>SM</sup>  
Healthcare of Atlanta

# Power Snacks

You need the right fuel to keep you going all day (or all night). Meals and snacks should include protein, carbohydrates and fat to optimize energy levels. And nutritionists recommend eating every 3-4 hours to fight fatigue and boost energy. Grab one of these power snacks in between meals.

- Nuts and a piece of whole fruit
- Greek yogurt with berries
- Cheese stick with whole grain crackers and grapes
- Trail mix with dried fruits, nuts and dark chocolate
- Banana and cup of milk
- Hummus/bean dip and carrot sticks
- Half a sandwich such as peanut butter or turkey

Need other ideas or suggestions? Email us at [Strong4Life@choa.org](mailto:Strong4Life@choa.org)

**STRONG<sup>4</sup>LIFE<sup>SM</sup>**