A well-balanced snack can help curb hunger between meals, prevent overeating at meals, and keep energy more stable throughout the day. These snack ideas include both protein and fiber so that you don’t end up hungrier after eating.

**No Refrigeration Required**
- Apple, banana or grapes + nuts
- Trail mix made mostly of nuts and a little dried fruit
- Air-popped popcorn + peanuts
- Tuna snack pack with whole wheat crackers
- Apple, carrots, or celery + nut butter
- Oatmeal + fruit + nuts
- Roasted chickpeas (recipe on back)

**Refrigeration Required**
- Cup of lentil or bean soup
- Edamame
- Frittata muffins (recipe on back)
- Hard boiled egg + whole grain toast
- Plain yogurt + fresh or frozen fruit
- Whole grain crackers + cheese
- Tomato slices + feta cheese
- Cottage cheese + fruit, or cucumber and salsa
- Chia pudding (recipe on back)
**Recipes**

**Roasted Chickpeas**
Rinse, drain, and dry 1 can of chickpeas (AKA garbanzo beans). Drizzle with olive oil and sprinkle with seasonings of choice. Bake at 425°F for 40-50 minutes, stirring every 10 minutes, until crunchy and golden brown.

**Frittata Muffins**
Whisk 10 eggs, add 2 cups cooked vegetables of choice, and pour into a greased or lined muffin pan. Bake at 350°F for 20-25 minutes. Serve warm. Refrigerate up to 4 days.

**Chia Pudding**
In a jar, shake together 1 ½ tablespoon chia seeds + ½ cup milk or milk alternative. Add other flavors as desired such as vanilla extract, fruit, or a little sweetener. Refrigerate for at least 2 hours or overnight.

**“Handy” Portion Sizes**

- **Small handful**
  - Nuts
  - Trail mix

- **Thumb**
  - Nut butter
  - Cheese

- **Half fist**
  - Cooked grains
  - Beans

- **Fist**
  - Yogurt
  - Cottage cheese

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