

Midnight Mini Meals & Healthy Power Snacks

Active college students need to refuel every 3-5 hours. Nutritious snacks or mini meals throughout the day (and night) provide a steady supply of energy to your brain and muscles, keep your metabolism revved up, and prevent over-hungriness and over-eating later.

- To curb overeating, pre-portion your study snacks onto a plate, bowl, napkin, or small plastic bag. Don't snack directly from the bag or box.
- Try to separate eating from studying, working at your computer, or watching TV. Instead, eat at a table in a relaxed environment.
- For lasting energy and satiety, choose snacks that have some protein. Protein contributes to feelings of fullness and increases levels of brain chemicals that make you more alert. By contrast, carbohydrate (when eaten alone), increases levels of brain chemicals that make you more sleepy.



Try one of these protein-packed power snacks to help you stay alert during your afternoon classes and late-night study sessions:

- One small box of whole grain cereal with fat free or 1% low fat milk
- One carton of low fat yogurt sprinkled with high fiber cereal
- A small dish of low fat cottage cheese and canned or fresh fruit
- One string cheese and a piece of fresh fruit
- One cup of edamame (boiled soybeans)
- One handful of your favorite nuts (peanuts, almonds, cashews, pistachios...)
- A small whole wheat pita spread with hummus
- ½ of a turkey sandwich
- A small 3oz. can of tuna with 4-6 low fat crackers
- 2 rice cakes spread with natural peanut butter
- Apple slices or celery sticks with natural peanut butter
- Sports bar with 10+ grams of protein (avoid ones with high amounts of saturated fat or hydrogenated vegetable oils)
- English muffin pizza with canned tomato sauce and low fat mozzarella cheese
- Low fat frozen dinner (< 300 calories)
- Canned tomato or broth-based soup. Dehydrated bean soup.
- A small tortilla filled with salsa and a little low fat grated cheese or mashed beans



Note: You might also find that these snacks help curb carbohydrate or sugar cravings during the day, since protein (as well as fat) helps stabilize blood sugar levels and promotes satiety after eating.

HEALTHIER SNACK CHOICES

Next time you need a snack, try these lower fat, lower-calorie alternatives. Keep in mind that “fat free” doesn’t mean calorie free. Be mindful of portion sizes! It’s okay to enjoy higher fat choices as long as you balance them out with lower fat foods throughout the day. **Balance and moderation are key!**



All of the following portion sizes contain about **100 calories** or less.

Crunchy

Baby carrots- 20
Celery or jicama sticks
Cucumber slices
Apple slices- from 1 large apple
Multi bran chex cereal- 1/2 c.
Cheerios- 1 c.
Rice cakes- 2 large or 10 mini
Ry Krisp- 3
Nature Valley granola bar- 1

Salty

Pretzels- 1 oz. (1 large or 10 regular)
Baked chips- 1 oz. (15)
Saltines- 8
Air popped popcorn- 3 cups

Soft and chewy

Mini muffin-1
Mini bagel-1
Low fat chewy granola bar-1
Cereal bar-1
Fig newtons-2
Ginger snaps- 3
Oatmeal raisin cookie- 1 medium

Sweet

Cherry or grape tomatoes
Fresh fruit (peach, strawberries, watermelon, canteloupe)- 1 cup
Canned fruit packed in juice- 1/2 cup
Dried fruit- 1/4 c.
Fat free fruit yogurt- 6 oz.
Latte with fat free milk- 8 oz.
Frosted mini wheats- 1/2 cup
Low fat cookies- 2 small

Cold and Juicy

Fresh fruit (berries, melon, grapes, orange, pineapple, plums)
Popsicle or frozen fruit bar- 1
Sherbert or sorbet- 1/2 cup
Jello- 1/2 cup

Chocolate

Fudgsicle- 1
Sugar-free Hot cocoa with fat free milk- 1 cup
Fat free chocolate pudding- 1/2 cup
Fat free frozen yogurt- 1/2 cup
4 Hershey kisses or 1 mini candy bar