

# Snack Right, *Feel Great!*

## Almond butter on apple slices

Almond butter is full of healthy unsaturated fats and protein and the apple slices add fiber. Both help stabilize your blood sugar and keep your brain engaged and happy.



## Nuts and Dried Fruit

Brain-healthy nuts are rich in unsaturated fats and protein that will help fill you up while the fruit gives your brain energy to get through the afternoon. Read more about nuts and brain health on [my blog!](#)



## Hummus and Whole Grain Crackers and Veggies

This snack is rich in fiber and healthy fats, keeping you full and your blood sugar stable. It's also rich in B vitamins and tryptophan which may help reduce anxiety and improve your mood.



## Kefir Blackberry Smoothie

Toss some blackberries with kefir and a banana for an easy morning or afternoon snack. The blackberries provide antioxidants and kefir healthy probiotics for your gut and brain! Check out my [recipe: click here](#)



## Tuna Veggie Pinwheels

Spread some tuna (or salmon) on a whole-grain wrap and top it with some leafy greens. Wrap it tightly and slice it into pinwheels and snack away! The tuna is full of brain-boosting omega-3s and satiating protein and the wrap and veggies give you fiber, B vitamins, and antioxidants that boost your mood and energy level!

