



YOUR BRAIN ON FOOD



STUDY SNACKS

1

CREATE YOUR OWN TRAIL MIX



Pretzels
Plain Popcorn
Peanuts
Almonds
Whole Wheat Cereal
Dried Fruit

Nuts are a source of plant protein!

2

VEGGIES AND HUMMUS



Hummus
Carrots
Celery
Zucchini
Bell Pepper

Different color vegetables are a source of a variety of vitamins & minerals!

3

PEANUT BUTTER BANANA TOAST



Whole Wheat Bread
Bananas
Peanut Butter
Honey (optional)

Whole grains are a source of fiber and B vitamins!