

snack ideas

Lupus

Whether you're on the road traveling, at work or at home, enjoying small snacks during the day is an easy way to keep energy levels high. Below are nourishing snack ideas to keep you feeling your best.

- 1 **Vegetable Slices Dipped In Hummus***

- 2 **Tuna Fish Pouch with Whole Grain Crackers**

- 3 **Whole Grain Tortilla Filled with Avocado, Salsa*, and Black Beans**

- 4 **Homemade Kale Chips**

- 5 **½ Avocado Topped with Pinto Beans and Salsa***

- 6 **Homemade Fruit and Vegetable Smoothie**

- 7 **Avocado Toast**

- 8 **Hard-Boiled Eggs**

- 9 **Fresh or Dried Fruit**

- 10 **Steamed Edamame (Soy Beans)**

- 11 **Pear Slices with Almond Butter**

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- 12 **Baked Potato Topped with Black Beans and Low-Fat, Shredded Cheddar Cheese**

- 13 **Celery Topped with Peanut Butter and Dried Cherries**

- 14 **Handful of Nuts or Seeds – Walnuts, Almonds, Pistachios, Pecans, Peanuts, Pumpkin Seeds**

- 15 **Unsalted, Low-Fat Popcorn**

- 16 **Fruit and Nut Granola Bar**

- 17 **Peanut Butter Sandwich on Whole Grain Bread**

- 18 **Greek Yogurt**

- 19 **Low-Fat Cottage Cheese with Fresh Peach Slices or Berries**

- 20 **Salad with Chickpeas, Veggies, and an Oil-Vinegar Based Dressing***

- 21 **Low-Fat Cheese Stick with Apple Slices and Whole Grain Crackers**

- 22 **Banana with Peanut Butter**

*Be sure to read ingredient lists on packaged products to avoid or limit purchasing products with garlic.