HOW TO SNACK HEALTHY ON PROTEIN

HARD-BOILED EGG WITH WHOLE WHEAT TOAST
- 10 grams of protein, Vitamins D & B12, phosphorus, other nutrients
- Hard-boil your eggs, store in the fridge, grab and go

HUMMUS
- Protein, fiber, healthy fats, iron, relatively low sodium
- Dip veggies for extra nutrients, or use as a sandwich spread instead of mayo

COTTAGE CHEESE
- One cup = 28 g protein, calcium, Vitamin B12
- Add a scoop to your salad or switch it out for sour cream

QUINOA
- “Complete protein:” contains all the amino acids (building blocks for protein)
- Opt for quinoa instead of rice; add it to your salad, or stuff red bell peppers

For more protein snacks recommended by students, see Student Health 101, June 2016.