



CLASS 14 | BRAIN HEALTHY SNACK ATTACK

TBH Brain Healthy Snack Attack Foods List

DIRECTIONS: *This worksheet provides a list of several brain boosting foods that are easy to grab as a quick snack. Use this list as a guide to getting your snacking habits into brain-healthy gear. Try circling some of the items you would like to try to snack on and placing the list in your kitchen or on your fridge as a reminder to make that snack attack one that is more brain fit!*

GRAB N' GO

- Fresh Fruit (Berries, Citrus, Pomegranate, all other fruits)
- Fresh Vegetables (Kale, Spinach, Chard, Squash, Yams, all other vegetables)
- Dried Fruit (Apricots, Prunes, Plums, Raisins, Cranberries, Acai, with no added sugar)
 - Nuts (Walnuts, Almonds, Cashews, Pecans)
 - Seeds (Sunflower, Pumpkin, low sodium is best)
- Vegetable Chips (Kale Chips, Beet Chips, Seaweed Chips, low sodium is best)
- Freeze Dried Fruit Chips (Coconut Chips, Apple Chips, with no added sugar)
 - Dark Chocolate Chips (70% cacao or above)
 - Brown Rice Cakes or Chips (low sodium is best)
 - Multigrain Crackers or Chips (low sodium is best)

MIX N' DIPS

- TBH Brain Healthy Trail Mix
- Hummus Dip
- Nut Butters (Almond, Cashew)
- Baked Curried Chickpeas
- Greek Yogurt Dark Greens Dip
- Bean Dip
- Fruit Smoothies
- Fruit and Nut Bars