



BECOME A WELL-BEING

Harness Self-Care for Leadership Excellence

15 Nutritious Snacks to Boost Energy and Focus for Mindful Leaders

In today's fast-paced world, processed foods can often seem like the easy choice for on-the-go snacking. However, these convenient options often come loaded with added sugars, unhealthy fats, and a laundry list of unpronounceable ingredients.

Opting for whole foods, on the other hand, offers a myriad of benefits. Whole foods, including fruits, vegetables, nuts, seeds, and lean proteins, are minimally processed and pack the most nutrition per bite. They provide the purest form of nutrients your body needs for optimal energy, focus, and overall health.

By choosing whole foods, you're not just avoiding the negatives of processed food, but you're also actively promoting better physical and mental health. So, next time you're looking for a snack, bypass the processed packages and reach for something whole and nourishing instead.

- 1. Almonds: Serving Size - 1 oz. 162 Calories, 14g Fat, 6g Protein, 6g Carbs. Packed with heart-healthy fats and fiber.**
- 2. Greek Yogurt with Berries: Serving Size - 1 cup of Greek Yogurt with 1/2 cup berries. Around 150 Calories, 1g Fat, 20g Protein, 10g Carbs. High in protein and probiotics.**
- 3. Hummus and Carrot Sticks: Serving Size - 2 tbsp hummus with 1 cup sliced veggies. About 100 Calories, 5g Fat, 4g Protein, 9g Carbs. Great source of plant-based protein and fiber.**
- 4. Apple Slices with Almond Butter: Serving Size - 1 medium apple with 1 tbsp almond butter. Roughly 210 Calories, 12g Fat, 4g Protein, 26g Carbs. A great combination of protein and fiber for sustained energy.**
- 5. Hard-Boiled Eggs: Serving Size - 1 egg. 70 Calories, 5g Fat, 6g Protein, 1g Carbs. High in protein and essential nutrients like Vitamin D and B12.**

6. Baby Carrots and Cottage Cheese: Serving Size - 1 cup baby carrots with 1/2 cup cottage cheese. Around 180 Calories, 2g Fat, 15g Protein, 20g Carbs. A good source of protein and fiber.

7. Banana with a Handful of Walnuts: Serving Size - 1 medium banana with 1 oz walnuts. Approximately 275 Calories, 20g Fat, 6g Protein, 25g Carbs. Provides a good mix of carbohydrates and healthy fats.

8. Oatmeal with Fresh Fruit: Serving Size - 1/2 cup cooked oatmeal with 1/2 cup fresh fruit. Roughly 150 Calories, 3g Fat, 5g Protein, 28g Carbs. An excellent source of fiber and complex carbs.

9. Chia Seed Pudding: Serving Size - 1/2 cup. About 200 Calories, 8g Fat, 7g Protein, 24g Carbs. Packed with fiber and plant-based protein.

10. Edamame: Serving Size - 1 cup. Approximately 190 Calories, 8g Fat, 17g Protein, 15g Carbs. A plant-based protein source that's high in fiber.

11. Cherry Tomatoes and Mozzarella: Serving Size - 1 cup cherry tomatoes, 1 oz mozzarella: 150 calories, 9g fat, 6g carbs, 9g protein.

12. Quinoa Salad: Serving Size - 1/2 cup cooked quinoa with mixed vegetables. Approximately 160 Calories, 2g Fat, 6g Protein, 30g Carbs. A filling snack with a mix of protein, fiber, and vitamins.

13. Raw carrot sticks with guacamole: Serving Size - 1 cup of carrot sticks & 2 tablespoons of guacamole): Carrots are high in vitamin A and other nutrients. Guacamole is rich in healthy fats thanks to its main ingredient, avocados. This snack is about 140 calories, 8g of fat, 2g of protein, and 6g of fiber.

14. Tuna on Whole Grain Crackers: Serving Size - 2 oz tuna with 5 whole grain crackers. Roughly 200 Calories, 7g Fat, 17g Protein, 17g Carbs. Offers a good dose of protein and omega-3 fatty acids.

15. Whole Grain Toast with Avocado: Serving Size - 1 slice toast with 1/4 avocado. Approximately 150 Calories, 9g Fat, 4g Protein, 17g Carbs. Packed with heart-healthy fats and whole grains.

Please note, nutritional values are approximations and can vary based on specific brands and preparation methods.

Remember, the key to healthy snacking is portion control. Even healthy foods can contribute to weight gain if you consume them in large amounts. Enjoy these snacks in moderation to support your energy and focus at work.