



Sensational Path

Sensational Snacks

As an Occupational Therapist and Health and Fitness Coach I wanted to share with you some snack ideas for changing how alert you feel.

There are different ways to change how alert you feel. If your body is like a car, sometimes it runs too fast, sometimes too slow and we want to increase the time that we spend feeling just right.

What we put in our body plays a big role in how we feel, but did you know that different snacks can be alerting and calming? Choose wisely!

Calming Snacks

SWEET:

Bananas
Strawberries
Cantaloupe
Honeydew
Watermelon

Peaches
Pears
Plums
Berries
Grapes

SMOOTH & CREAMY

Yogurt
Hard Boiled Egg
Applesauce
Cottage Cheese
Peanut or nut butter
Pudding

Hummus
Smoothies
Oatmeal
Spinach Dip
Guacamole

WARM:

Soup
Hot chocolate
Tea
Oatmeal

Alerting Snacks

CHEWY:

Dried fruit Dates
Beef Jerky
Bagels
Cheese
Fruit gummies

Fruit Leather
Granola Bars
Celery
Sausage/ turkey bites

SOUR, TANGY, & SPICY:

Pickles
Lemon or lime slices
Kiwi fruit
Olives
Beets
Salsa

Greek yogurt
Lemonade
Grapefruit
Pickled
Cranberries

CRUNCHY:

Pretzels
Nacho chips
Crackers
Nuts
Popcorn
Roasted chickpeas
Sesame snaps
Pumpkin seeds

Banana Chips
Dry Cereal
Graham Crackers
Snap Peas
Dried Veggie Chips
Kale Chips
Arrowroot biscuits
Sunflower seeds

Granola
Rice cakes
Pita chips
Apples
Carrots
Cucumbers
Peppers
Toast

COLD:

Popsicles
Frozen yogurt bites
Sherbert
Milk
Frozen Berries.

Smoothies
Ice cream
Frozen Yogurt
Frozen peas