**Healthy Snacks for travel, work or just on-the-go!**

* Almonds (unsalted preferably, especially with blood pressure concerns) (Nuts and trail mixes in 100 calorie-sized servings if concerned about weight)
* Animal crackers
* Graham crackers
* Mixed nuts
* Trail mix
* Canned fruit with pop-up tops (take plastic spoons with you!)
* Fruit (apples will store the best)
* Instant oatmeal packets (you can get hot water anywhere to make it)
* Canned shakes (e.g. Carnation Instant Breakfast, Slim-Fast, Glucerna)
* Microwave soup cups (broth-based and low sodium preferably) and go for veggie or veggie/bean-based
* Peanut, almond or cashew butter on whole grain crackers. Make your own! Triscuits or other whole grain crackers and natural peanut butter; wrap in foil or plastic baggies
* Egg (keep hard-boiled eggs on hand)
* Low-fat or non-fat yogurt; the Greek yogurts are especially creamy and satisfying. Avoid highly sugary fruit-on-the-bottom varieties.
* Single serving orange juice bottles \*
* Single serving tomato juice cans
* Reduced-fat pudding packs
* Individually wrapped low fat string or other cheese (Laughing Cow or other)
* Sliced veggies or baby carrots by themselves or with reduced-fat salad dressing-put dressing in a small container or individual packets
* Baked or reduced-fat potato chips in a zipper bag
* Reduced fat baked tortilla chips in a zipper bag
* Cereal (low sugar and high fiber preferably) in a zipper bag (lower sugared Raisin Bran or Wheaties travel nicely!)
* Cereal or granola or protein bar
* Popcorn (preferably air-popped) put in a sandwich bag
* Pretzels in a sandwich bag
* Raisin mini boxes \*
* Other dried fruits such as apricots \* (\* avoid if you have blood sugar concerns)