

Snacks to eat on the go that are healthy

[Nutrition](#), [Healthy Food](#)



We all want to eat clean and healthy. With today's fast paced environment, we sometimes don't have the luxury of time to sit down and enjoy a healthy cooked meal. The problem with that is we go to fast food restaurants to satiate our hunger; and we all know how unhealthy that can be. If you want to make the improvement in your lifestyle, you can always switch to healthier snacks. Here are the top healthy snacks you can eat on the go:

Protein Bars

Protein bars are an excellent way to get a boost of protein without having to eat so much. When compared to Energy bars and Meal replacement bars, Protein bars have more protein content but have less carbs compared to energy bars and less vitamins and minerals compared to meal replacement bars. You can choose to either buy from a large selection in a grocery store or if you have that extra time at home, you can just make it yourself and bring it with you on the following days.

Apple slices with Almond butter

When it comes to fruit, apples are probably one of the most popular choices among people looking for a healthy bite. Apples contain tons of health benefits. They regulate blood sugar, are known to be anti-oxidants, and they even help in the prevention of cancer. Try topping your apples with almond butter to add that extra flavor and to get a high-fiber snack. Almond butter on the other hand, has its fair share of health benefits as well. They are also boost heart health and full of Vitamin E and flavonoids which are antioxidants that lower cholesterol.

Jerky

Whether its beef, chicken, or fish jerky, there is no doubt that eating this on go to snack will give us a load of protein to keep us energized throughout the day. There are different kinds of jerky brands to choose from. The healthier varieties of jerky offer gluten free, no MSG, and no nitrites.

Tuna

Tuna is loaded with vitamins and dietary minerals. It is known to be rich in omega-3 fatty acids, potassium, manganese, and zinc. These nutrients help in improving heart health, aids in weight loss, and improves the immune system. Tuna also contains mercury which has caused concern among consumers. But there is no need to worry! Studies show that the mercury content in tuna does not impose any health risks. Go ahead and enjoy that tuna snack. You can simply buy canned tuna for the convenience. On the days you have more time, why not make yourself a tuna sandwich.

Overnight oats

Eating overnight oats has becoming a trend nowadays. You can go on the internet and find that there are a variety of overnight oats recipes you can choose from. People love them because they're easy to make, they're healthy and tasty, and no cooking is needed for this. You just let the oaks soak in the liquid ingredients overnight, and voila! You have yourself a nutritious breakfast to start your day. The main ingredients to make overnight oats are: Rolled oats, almond milk, Greek yogurt, and chia seeds. Then you can add any additional ingredients to your recipe.