

## snack ideas

### Multiple Sclerosis

Whether on the road traveling, at work, or at home, enjoying small snacks during the day is an easy way to keep energy levels high. Below are nourishing snack ideas to keep you feeling your best.

**1 Vegetable Slices**  
Cucumber, bell pepper, carrots, or broccoli, dipped in hummus

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**2 Tuna & Crackers**  
Tuna fish pouch with whole grain crackers

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**3 Fiesta Wrap**  
Whole grain tortilla stuffed with avocado, salsa, and black beans

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**4 Kale Chips**  
Homemade kale chips

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**5 Salsa Topped Avocado**  
½ avocado topped with pinto beans and salsa

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**6 Power Smoothie**  
Blend 1 cup fruit, ½ cup kale or spinach, 1 cup almond milk, ½ cup plant-based yogurt, and 3-4 ice cubes

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**7 Avocado Toast**  
Smashed avocado and toast

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**8 Hard Boiled Eggs**  
1-2 hard-boiled eggs

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**9 Fruit**  
Snack on a piece of fruit

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**10 Edamame**  
Steamed edamame (soy beans) makes a tasty snack

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**11 Pear & Almond Butter**  
Pear slices with almond butter

## snack ideas

### Rheumatoid Arthritis

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- 12** **Loaded Baked Potato**  
Baked potato topped with black beans and low-fat, shredded cheddar cheese

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- 13** **“Ants on a Log”**  
Celery topped with peanut butter and dried cherries

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- 14** **Raw Nuts or Seeds**  
Handful: walnuts, almonds, pistachios, pecans, peanuts, pumpkin seeds

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- 15** **Popcorn**  
Unsalted, low-fat popcorn

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- 16** **Snack Bar**  
Fruit and nut bar

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- 17** **PB&J Sandwich**  
Peanut butter sandwich on whole grain bread

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- 18** **Greek Yogurt**  
Plain, low-fat greek yogurt

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- 19** **Cottage Cheese & Fruit**  
Low-fat cottage cheese with fresh peach slices

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- 20** **Chickpea Salad**  
Salad with chickpeas, veggies, and an oil-vinegar based dressing

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- 21** **Cheese, Apples, and Crackers**  
Low-fat cheese stick with apple slices and whole grain crackers

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- 22** **Banana & Peanut Butter**  
Sliced banana topped with peanut butter

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