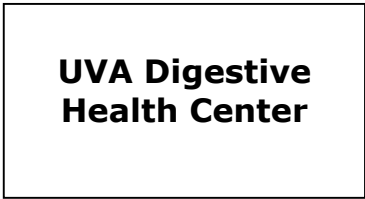


UVA Nutrition Services



UVA Digestive Health Center

How to Build a High Energy Snack

- 2 slices of bread + 2 tbsp peanut butter + 1/2 banana + 1 tbsp honey = 550 Calories
- 1 cup pasta + 2 slices American cheese + 2/3 cup whole milk = 500 Calories
- 2 oz meat + 2 slices of bread + 2 tsp mayonnaise = 400 Calories
- 2 toaster waffles + 4 tbsp syrup = 400 Calories
- 1 oz pretzels + 1/4 cup nuts + 15 goldfish crackers = 350 Calories
- 1 cup regular cottage cheese + 1/2 cup of fruit = 250 Calories
- 1 large bagel + 2 tbsp cream cheese = 300 Calories
- 1 6" Tortilla + 3/4 cup beans + 1/4 cup shredded cheese = 300 Calories
- 2 tbsp hummus + 1 large pita = 250 Calories
- 1 small apple + 2 tbsp peanut butter = 250 Calories
- 1 cup raw veggies + 4 tbsp salad dressing = 250 Calories
- 4 vanilla wafers + 2/3 cup whole milk = 200 Calories
- 1/2 cup of Eggnog or boiled custard = 160 calories

High Energy Bars

Balance Bar www.balance.com	200 kcal
Boomi Bar™ www.boomibar.com	230 kcal
Bumble Bar™ www.bumblebar.com	230 kcal
Clif® Bar www.clifbar.com	250 kcal
Detour® Bar www.detourbar.com	350 kcal
Kashi® GoLean® www.kashi.com	290 kcal
KIND www.kindsnacks.com	170 kcal
Lara Bar® www.larabar.com	190 kcal
Luna® Bar www.clifbar.com	180 kcal

MOJO™ Bar www.clifbar.com	200 kcal
NuGO® Bar www.nugonutrition.com	180 kcal
Odwalla® Bar www.odwalla.com	200 kcal
Prana Bar www.pranabars.com	220 kcal
Pro® Bar www.theprobar.com	360 kcal
Pure Fit™ Nutrition Bars www.purefit.com	230 kcal
SoyJoy® www.soyjoy.com	140 kcal
ThinkThin® Bar www.thinkproducts.com	190 kcal
Zone Perfect® Bar www.zoneperfect.com	210 kcal

50 calories	100 Calories		200 Calories
½ cup fruit	1 cup fruit	½ cup pudding	1 large bagel
1 small round fruit	1 cup fruit juice	2 oz lean meat/ tofu	1 cup pasta
½ banana	2 cups vegetables	1 veggie burger	½ cup stuffed pasta (ravioli, tortellini)
½ cup unsweetened applesauce	1 small baked potato	¾ cup legumes	1 large pita bread
1 cup vegetables	½ cup mashed potatoes	1 egg	1 small soft pretzel
4 saltines	1 slice bread	1 oz cheese	1 pack of sandwich crackers
15 goldfish crackers	½ bagel	¼ cup shredded cheese	1 cup granola or high calorie dry cereal
1 oz lean meat	1 6" tortilla	1 tbsp peanut butter	1 regular granola bar
½ cup 1% low fat cottage cheese	1 English muffin	½ cup soup (broth based)	3 tbsp trail mix
½ cup skim milk	1 low fat granola bar	½ cup regular cottage cheese	1 cup regular cottage cheese
½ cup fat free, light yogurt	3 cups popcorn	½ cup regular yogurt	1 cup regular yogurt
1 oz lean meat/tofu	1 oz pretzels or baked chips	1 cup skim milk	1 cup regular yogurt
1 tbsp chopped nuts	10 animal crackers	2/3 cup whole milk	½ cup regular ice cream
2 tbsp hummus	4 vanilla wafers	¾ cup 2% milk	4 oz lean meat/ tofu
2 tbsp sour cream	¾ cup dry cereal	1 slice American cheese	2 oz cheese
2 tsp peanut butter, almond butter or cashew butter	½ cup cooked cereal	½ cup skim milk powder	2 tbsp peanut butter
1 tbsp regular salad dressing	2 small pancakes	2 tbsp honey, syrup, jelly, or jam	¼ cup nuts
1 tbsp cream cheese	1 toaster waffle	1 ½ tbsp sugar	1 cup soup (broth based)
1 tsp cooking oil, butter, margarine, or mayonnaise			½ cup cream soup
1/8 avocado			