

Food Equals Mood

Snack Guide Adaptations

High protein, vegetarian, and allergy-aware options

Twenty-four flexible snack ideas organized by need and preference, with ingredients, simple steps, and space to plan what works for you.

Choose food that fits your life

A supportive snack is safe for you, available when you need it, and satisfying enough for the next part of your day. Your culture, appetite, medical needs, budget, and energy level matter.

Name _____ Date _____



Three ways to adapt a snack

Protein focused

Choose a protein food, something that gives energy or fiber, and flavor you enjoy. Individual protein needs vary; this guide sets no target.

Vegetarian

Use beans, soy foods, nuts, seeds, eggs, or dairy according to your eating pattern. Vegan diets may require individualized attention to certain nutrients.

Allergy aware

Use only foods verified safe for your specific allergies and cross-contact plan. Read each product label every time and follow your clinician's emergency plan.

A snack I already enjoy

A helpful adaptation I would try



High-Protein Snacks

1. Greek Yogurt Power Bowl

YOU NEED

- Greek yogurt
- Fruit, applesauce, or frozen berries
- Cereal, oats, granola, nuts, or seeds

MAKE IT

- Add fruit and a crunchy topping to Greek yogurt.

BUDGET TIP

- Buy a larger plain container and add fruit or cinnamon yourself.

My version

What ingredient or step would I change?



High-Protein Snacks

2. Cottage Cheese and Crackers

YOU NEED

- Cottage cheese
- Crackers or toast
- Optional fruit, tomatoes, black pepper, or seasoning

MAKE IT

- Pair cottage cheese with crackers and fruit or vegetables.

EASY VARIATION

- Cottage cheese + pineapple or peaches.
- Cottage cheese + tomato + black pepper.

My version

What ingredient or step would I change?



High-Protein Snacks

3. Egg and Cheese Tortilla

YOU NEED

- One or two eggs
- Tortilla
- Cheese
- Optional salsa or frozen vegetables

MAKE IT

- Scramble eggs.
- Add eggs and cheese to a tortilla.
- Fold and warm until the cheese melts.

LOW-ENERGY VERSION

- Hard-boiled eggs + cheese stick + tortilla.

My version

What ingredient or step would I change?



High-Protein Snacks

4. Tuna, Salmon, or Chicken Cracker Plate

YOU NEED

- Tuna, salmon, or chicken packet or canned option
- Crackers
- Fruit, baby carrots, or cucumber
- Optional mayonnaise, mustard, or seasoning

MAKE IT

- Combine protein with crackers and produce on a plate or in a container.

PORTABLE OPTION

- Keep shelf-stable packets and crackers at work.

My version

What ingredient or step would I change?



High-Protein Snacks

5. Edamame and Fruit

YOU NEED

- Frozen shelled edamame
- Fruit or applesauce
- Optional seasoning

MAKE IT

- Microwave edamame.
- Add salt, pepper, chili seasoning, or garlic powder if desired.
- Serve with fruit.

My version

What ingredient or step would I change?



High-Protein Snacks

6. Beans and Cheese Dip

YOU NEED

- Canned black beans, pinto beans, or refried beans
- Shredded cheese
- Tortilla chips, crackers, or a tortilla
- Salsa, if desired

MAKE IT

- Heat beans.
- Add cheese until melted.
- Top with salsa and eat with chips or crackers.

My version

What ingredient or step would I change?



High-Protein Snacks

7. Peanut Butter Banana Sandwich

YOU NEED

- Bread, tortilla, or bagel
- Peanut butter
- Banana

MAKE IT

- Spread peanut butter on bread or tortilla and add banana slices.

EASY SWAP

- Use sunflower-seed butter if peanut-free.

My version

What ingredient or step would I change?



High-Protein Snacks

8. Protein Smoothie Pairing

YOU NEED

- Milk, soy milk, Greek yogurt, or a ready-to-drink protein shake
- Fruit
- Optional peanut butter or oats

MAKE IT

- Blend milk or yogurt with fruit and peanut butter, or pair a ready-to-drink option with fruit or crackers.

LOW-ENERGY VERSION

- Drink a ready-to-drink protein shake with a banana.

My version

What ingredient or step would I change?



Vegetarian Snacks

1. Hummus, Pita, and Vegetables

YOU NEED

- Hummus
- Pita, crackers, pretzels, or tortilla
- Baby carrots, cucumber, bell pepper, or fruit

MAKE IT

- Assemble on a plate or in a container.

BUDGET TIP

- Use canned chickpeas to make homemade hummus when you have more energy.

My version

What ingredient or step would I change?



Vegetarian Snacks

2. Bean and Cheese Quesadilla

YOU NEED

- Tortilla
- Black beans, pinto beans, or refried beans
- Cheese, if included in your eating pattern
- Salsa

MAKE IT

- Add beans and cheese to one half of a tortilla.
- Fold and microwave or warm in a skillet.
- Add salsa.

VEGAN VARIATION

- Use dairy-free cheese or skip cheese and add avocado or hummus.

My version

What ingredient or step would I change?



Vegetarian Snacks

3. Roasted Chickpeas or Crispy Beans

YOU NEED

- Roasted chickpeas or canned chickpeas
- Seasoning of choice

MAKE IT

- Use store-bought roasted chickpeas, or roast rinsed canned chickpeas when you have time and energy.

EASY VARIATION

- Warm canned chickpeas in the microwave with olive oil and seasoning.

My version

What ingredient or step would I change?



Vegetarian Snacks

4. Edamame Snack Bowl

YOU NEED

- Frozen shelled edamame
- Optional soy sauce, sesame-free seasoning, chili seasoning, or lemon juice
- Fruit, crackers, or rice

MAKE IT

- Microwave edamame.
- Season to taste.
- Pair with fruit, crackers, or rice.

My version

What ingredient or step would I change?



Vegetarian Snacks

5. Yogurt, Fruit, and Granola

YOU NEED

- Yogurt or dairy-free yogurt
- Fruit
- Granola, oats, cereal, nuts, or seeds

MAKE IT

- Add fruit and crunch to yogurt.

VEGAN VARIATION

- Use fortified soy yogurt or another preferred dairy-free yogurt.

My version

What ingredient or step would I change?



Vegetarian Snacks

6. Peanut Butter or Seed Butter Apple Nachos

YOU NEED

- Apple slices or banana
- Peanut butter, almond butter, or sunflower-seed butter
- Optional oats, raisins, seeds, or chocolate chips

MAKE IT

- Drizzle or spread nut or seed butter over fruit.
- Add toppings if desired.

My version

What ingredient or step would I change?



Vegetarian Snacks

7. Tofu Snack Wrap

YOU NEED

- Pre-baked tofu or leftover tofu
- Tortilla
- Hummus, avocado, or dressing
- Optional bagged salad or shredded vegetables

MAKE IT

- Add tofu and a spread to a tortilla.
- Add vegetables if available.
- Roll and eat.

My version

What ingredient or step would I change?



Vegetarian Snacks

8. Trail Mix Your Way

YOU NEED

- Nuts or seeds
- Dried fruit
- Cereal, pretzels, popcorn, or crackers
- Optional chocolate chips

MAKE IT

- Combine ingredients in a container.

NUT-FREE VARIATION

- Use sunflower seeds, pumpkin seeds, roasted chickpeas, pretzels, and dried fruit.

My version

What ingredient or step would I change?



Allergy-Aware Snacks

1. Seed Butter and Fruit

YOU NEED

- Sunflower-seed butter or another individually safe seed butter
- Apple, banana, pear, or crackers

MAKE IT

- Pair fruit or crackers with seed butter.

IMPORTANT

- Select a product that is safe for the individual's specific allergens and cross-contact plan.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Allergy-Aware Snacks

2. Bean Dip Snack Plate

YOU NEED

- Plain beans, bean dip, or homemade dip
- Safe crackers, tortilla chips, or vegetables
- Fruit or applesauce

MAKE IT

- Assemble beans or bean dip with safe crunchy foods and produce.

ALLERGY-AWARE NOTE

- Hummus commonly contains sesame through tahini. Use a sesame-free bean dip if sesame must be avoided.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Allergy-Aware Snacks

3. Safe Yogurt Bowl

YOU NEED

- Dairy yogurt or dairy-free yogurt that is safe for the individual
- Fruit
- Safe cereal, oats, or seeds

MAKE IT

- Combine yogurt, fruit, and a safe crunchy topping.

ALLERGY-AWARE NOTE

- Confirm the yogurt and toppings do not contain the allergen of concern.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Allergy-Aware Snacks

4. Turkey, Chicken, or Safe Protein Roll-Ups

YOU NEED

- Individually safe sliced turkey, chicken, tofu, cheese, or dairy-free cheese
- Safe tortilla, lettuce, or crackers
- Fruit or vegetables

MAKE IT

- Roll protein in a tortilla or lettuce leaf, or pair with safe crackers.

ALLERGY-AWARE NOTE

- Deli foods and prepared proteins may contain milk, soy, wheat, sesame, or other ingredients; read labels.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Allergy-Aware Snacks

5. Popcorn and Safe Protein Pairing

YOU NEED

- Plain popcorn or another safe popcorn product
- Safe cheese, yogurt, seed butter, roasted chickpeas, or beans
- Optional fruit

MAKE IT

- Pair popcorn with a protein-containing food that is safe for the individual.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Allergy-Aware Snacks

6. Fruit, Crackers, and a Safe Spread

YOU NEED

- Fruit
- Safe crackers
- Safe spread: seed butter, bean dip, avocado, cream cheese, or dairy-free alternative

MAKE IT

- Create a simple snack plate using only verified-safe products.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Allergy-Aware Snacks

7. Homemade Safe Trail Mix

YOU NEED

- A safe cereal or pretzel
- Safe dried fruit
- Safe seeds, roasted chickpeas, or individually safe nuts
- Optional safe chocolate

MAKE IT

- Assemble at home using sealed, verified-safe ingredients.

ALLERGY-AWARE NOTE

- Avoid bulk bins when cross-contact is a concern.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Allergy-Aware Snacks

8. Simple Safe Smoothie

YOU NEED

- Safe milk or milk alternative
- Fruit
- Optional safe yogurt, seed butter, oats, or protein powder

MAKE IT

- Blend ingredients, using a thoroughly cleaned blender and verified-safe products.

LOW-ENERGY OPTION

- Use a ready-to-drink beverage that has been checked for the allergen of concern.

My version

What ingredient or step would I change?

Verify every ingredient and cross-contact precaution before preparing.



Protein focused planning

Protein can help a snack feel satisfying. If a treatment team has prescribed a protein limit, follow that individual plan.

Protein foods I enjoy and tolerate

A snack I can prepare with little energy

A portable option for work or school

A way to keep it available



Vegetarian planning

Vegetarian patterns differ. Include eggs or dairy only if they fit your preferences. A registered dietitian can help with individualized questions about a fully plant-based pattern.

A vegetarian protein food I enjoy

A snack I can pack

Foods I want to include regularly

Questions for my care team



Allergy-aware planning

Use your individualized allergy plan. Substitutes are possibilities only when each ingredient and preparation method is confirmed safe for you.

My confirmed food allergens

Three snacks I know are safe for me

How I prevent cross-contact

Where I keep my action plan and prescribed medicine



A personal snack plan

Protein focused snack

Vegetarian snack

Allergy-aware snack, if needed

Portable snack

Low-energy snack

Budget-friendly snack

Comforting snack



Gentle reminders

- A snack may be simple, packaged, frozen, canned, or homemade.
- Protein focused does not mean restrictive or low carbohydrate.
- Vegetarian patterns can look different from person to person.
- Food allergy precautions are specific to each person.
- Seek dietitian support for multiple allergies or significant restrictions.

Food allergy safety

The FDA identifies nine major food allergens in U.S. labeling: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Read ingredient information every time. Follow your individualized plan for cross-contact and emergency medication.

Further reading

FDA Food Allergies: [fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies](https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies)

FDA Have Food Allergies Read the Label: [fda.gov/consumers/consumer-updates/have-food-allergies-read-label](https://www.fda.gov/consumers/consumer-updates/have-food-allergies-read-label)

