

# **Top 10 Healthy Snacks for Backpackers**

*Note: The symbol § indicates a diabetic-friendly options*

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## **Chewy Bars** (ex. *Lärabar*®)

A few nutritional recommendations to make the best choice:

- 2 g of saturated fats or less and 0 g trans fat
  - 10 g of sugar or less
  - 2 g of fibers or more
  - 2 g of proteins or more
  - A short list of well-known ingredients
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## **Homemade Trail Mix with Dried Fruits (cranberries, raisins, apricots) and Nuts (cashew, pistachios, almonds + grilled coconut flakes)**

**OR Commercial Trail Mix** (ex. *Prana*®)

To make the best choice:

- Avoid mix with sweets (ex. *yogurt bites, chocolate, caramels, etc.*)
  - Opt for unsalted, non-roasted nuts
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## **Soy Pudding** (ex. *Belsoy*®) + **Unsalted Cashew Nuts**

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## **Peanut (or almond) Butter Stuffed Dates**

Split the date and stuff it with almond or peanut butter

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## **Dried Fruits Bars** (ex. *Fruit to go*®) + **Brazil Nuts** (variants: pistachios, cashews, walnuts, etc.)

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## **Applesauce Pack** (ex. *Fruit me up*®, *Andros*®) + **Pumpkin Seeds** (variant: sunflower seeds)

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## **§ Wholegrain Crackers** (ex. *Ryvita*®) + **Cashew Butter** (ex. *Nuts to you*®)

Carry in a container rather than a bag to avoid bad surprises!

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**§ Roasted Chick Peas** (ex. *Three Farmers*® - many flavors including *Sea salt & Lime*, *Balsamic & Cracked pepper*) + **Raw Vegetables**

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**Whole Unpeeled Fruit** (ex. apple, peach, pear, etc.) + **Original/Unsweetened Soy Drink** (ex. *Natura*®)

To pick the right soy drink:

- "Enriched" mention on the package
  - 10 g of sugar or less (the unsweetened version has no added sugar; the original/plain drink has a little amount. Those are the best choices, when compared to flavored versions like chocolate, vanilla, strawberry, cappuccino, etc.)
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**§ ½ Pack of Plain Instant Oatmeal** (ex. *Nature's Path*®) + **Chia Seeds + Cinnamon (to taste!) in a Mason Jar or Sealed Container**

Add an individual portion of plain soy drink to the mix 15 minutes before eating!

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## **Essential Tips:**

- Complete and filling snacks are a source of carbohydrates (ex. vegetable, fruit, cracker, oatmeal, etc.) and proteins (ex. nuts or seeds, soy drink, dairy, etc.).
  - When chosen well, chewy bars can be a source of both carbohydrates and proteins.
  - Prefer products that don't require refrigeration or not perishable (ex. fruits and vegetables) to avoid food poisoning! Wash fruits and vegetables with clean water (boiled, treated or bottled) when in doubts about the cleanliness of tap water!
  - Local markets and grocery shops are perfect for replenishing your snack stocks before a new day of adventures!
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