



## The Discerning You

### Chronic Illness Packing Guide: My Snack Checklist

#### 1. Treat snacks (but sugar free, please!)

- Chocolate (The darker the more energy and antioxidants)
- Chewing candy (For your ears in the airplane)
- Fresh pressed fruit juice  
*(Lemon & ginger are great to clear your throat)*
- Liquorice (helps with low blood pressure)

#### 2. Healthy snacks, already packed by nature

- Apples
- Grapes
- Bananas
- Blueberries
- Nectarines
- Carrots
- Cherry tomatoes
- Sugar snap peas / edamame beans
- Celery / cucumber



## The Discerning You

### 3. Easy food (for when airplane food won't cut it)

1. Whole wheat\*
  - a. Sandwich
  - b. Wrap
  - c. Pita bread
2. Whole grain pasta salad
3. Quinoa salad
4. Hard boiled eggs (fresh) with cheese or turkey
5. Oatmeal-on-the-go

### 4. Dry energy snacks

1. Whole wheat, baked pretzels
2. Home made trail mix
3. Rye crackers
4. Dried fruit or dry roasted nuts
5. Popcorn
6. Snack bars



## The Discerning You

### 5. Extras

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**\*Some great sandwich / wrap / pita fillers include:**

1. Grilled chicken, lettuce and tomato
2. Avocado, hummus, cucumber and rocket (feta optional)
3. Roast veggies and pesto
4. Homemade turkey burger with avocado
5. Mozzarella, tomato and basil