

Trending

Low-Touch Snacks

COVID-19 has changed everything, from how we meet friends to how we share food. The latest trend is “low-touch” food. Low-touch food means just that: minimal hands on an item.

In addition to being safe with our food, it’s important to keep nutrition in mind. A single serving of soda may be low-touch, but it’s also devoid of any nutritional value. Whenever possible, strive to get some FOOD in your food!

Here's a list of 10 nutritious, low-touch foods.

1. Almonds: You can find almonds in individual pouches or pack your own. A good source of protein, fiber, and heart-healthy monounsaturated fat, almonds also satisfy a need for crunch.
2. Bananas: Packed in their own personal peel, bananas provide potassium, vitamin B6, carbohydrates, and fiber.
3. Baby carrots: You can find baby carrots in their own secure, single-serving sack or pack them in a recyclable plastic container before you leave the house. Carrots provide beta-carotene, vitamin C, and minimal calories.
4. Blueberries: Once washed, blueberries are ready to roll. High in anthocyanins, regular blueberry intake has been linked with a reduction in dementia and heart disease.
5. Cherry or grape tomatoes: These are great to grab if you’re working from home or to take with you on your commute. Tomatoes are a good source of vitamin C, potassium, and phytochemical lycopene.
6. Clif or KIND bar: If you’re in need of something chewy or sweet, a protein bar may do the trick. These bars can be used as snacks to kill hunger between meals or as a fast breakfast with your mug of coffee.
7. Kefir: This delightful, cultured drink will remind you of yogurt, but is made with a “starter” grain, similar to sourdough. This fermented beverage provides probiotics to keep your gut healthy.
8. Kombucha: This fizzy, fermented tea is a great sub for soda. With roughly 40 calories in a 12 oz. bottle, it’s lower in sugar and also provides probiotics.
9. String cheese: Known for its kid appeal, you can peel string cheese and bite it in chunks. Light string cheese gives you a decent dose of protein, calcium, and B vitamins in just 60 calories.
10. Soy nuts: Soy nuts are a crunchy source of protein, plant isoflavones, and fiber. Find them plain or flavored.

