Healthy Snack Foods on the Go

Eating healthy on the go can be tough. However, as more people become focused on getting healthier and eating right, companies are constantly coming up with new, delicious, healthy snack ideas.

Whether you’re looking for clean eating, low-carb, gluten free or kid-friendly on-the-go snacks, below you’ll discover some of the best healthy snack foods to fit your needs.

Clean, gluten free snacks to go

If you’re following a gluten-free diet, it can be really difficult finding suitable snacks to take with you on your travels. A lot of prepackaged foods you can purchase aren’t as healthy as you might think. However, there are some simple, yet satisfying gluten-free snacks you can invest in.

Nuts are potentially one of the best options. They’re packed full of Omega 3, and contain a good level of protein, fiber and vitamins. The only thing to be aware of is that they do tend to be quite high in calories and healthy fats. Therefore, they should always be eaten in moderation. Almonds, cashews and macadamia nuts are some of the best ones to opt for.

Hummus is another gluten-free snack food you may not have considered. You can buy it ready-made, or create it yourself using olive oil, chick peas, salt and lemon juice. The great thing about hummus is not only is it gluten free, but it’s also high in protein and it’s known to lower cholesterol too. Use it as a dip for carrot sticks, cucumber and even mushrooms.

Fruits and vegetables – the healthiest choice

When it comes to healthy snacks you can eat on the go, you can’t beat fruit and vegetables. They are gluten-free, low-carb, low-fat foods and they all contain a variety of vitamins, nutrients and antioxidants.

Best eaten raw, you can vary the fruits and vegetables you consume on a daily basis, ensuring you never get bored. Carrot sticks, a handful of blueberries, raw mushrooms and even celery sticks can make great, healthy snack foods. They require very little preparation and are extremely good for the body. So, if all else fails, stick to fruit and vegetable snacks.

Hard boiled eggs

One of the main reasons you eat snacks is to control your hunger until your next meal. Protein-rich foods are renowned for their ability to keep hunger at bay. One food which has a substantial amount of protein is hard boiled eggs. Easy to take with you, these delicious snacks are guaranteed to keep you feeling full for hours.

Eggs also contain healthy fats which can help lower cholesterol and reduce the risk of heart disease. They are known to improve eye health and strengthen the bones. So, when it comes to healthy snacks you can take on the go, hard boiled eggs are definitely one of the best options.

Healthy snacks to go for the kids

If you’re looking for healthy on-the-go snacks for kids, there’s a surprising number of choices. As well as fruit and vegetables, you could opt for popcorn, squeezable yoghurt, beef jerky and wholegrain pretzels to name just a few options.

Popcorn isn’t renowned for its health benefits. However, did you know you can buy popcorn makers which use hot air instead of oil? This produces healthy popcorn which is a great snack for kids.

Low carb snack ideas

If your goal is to reduce the number of carbs you consume, you’ll want to focus on snacks such as celery and peanut butter. Simply spread a little peanut butter over the celery and you’re good to go.

Cottage cheese is another great option. Just take the whole tub with you, or spoon a small portion into a tub and eat on-the-go.

These are just some of the great, healthy snack foods you can eat while you’re on the go. As you can see, there’s plenty of options to choose from, regardless of which type of diet you’re following.