4 Quick, Healthy Snack Ideas You Can Buy

Maintaining a healthy diet usually relies on cooking your own meals, but when you are in a hurry, you still need to be healthy. Instead of grabbing cookies or a bag of chips, try some of these healthier alternatives.

**Healthy Warrior Chia Bars**

If you want a snack that is convenient and easy to grab, you can try a Healthy Warrior chia bar. These bars are just 100 calories each and include chia seeds as the #1 ingredient. They are high-protein and contain other healthy grains, including oats and quinoa. The bars are good to keep at home or in your car for those times when you need a quick snack but are worried about finding something healthy at the gas station or convenience store.

**Mixed Nuts**

Mixed nuts are great because you can get a package at the grocery store or put them together with your favorite nuts. Perhaps you really enjoy walnuts, cashews, and macadamia nuts, but can’t find a store-bought version of this mix. It is easy to buy them separately and put them into single serving bags, then keep with you at all times for a quick snack. Another reason nuts are a good choice is because you can find small bags of them just about anywhere, including a local gas station convenience store.

**Fresh or Dried Fruit**

Fruit is another healthy snack that is good to always have with you. Some fruit is just fine left out of the fridge, so it is easy to keep in your purse or in your car. For example, try to keep oranges, apples, and bananas close by when you need it. These types of fruits are often found at the front counter of convenience stores as well, so even if you are on the road, you can find them. Otherwise, bags of dried fruit is another option. It won’t spoil quickly and can be stored just about anywhere. You can also combine it with your mixed nuts for a healthy and well-balanced snack.

**Jerky**

Go to any store or gas station and you are bound to find bags of jerky. Beef jerky is there, as well as bacon jerky, turkey jerky, and sometimes even deer jerky. It is healthy, high in protein, and not too fattening if you’re careful about the quantity you eat. The main concern is the high salt content, so make sure you are drinking lots of water whenever you eat your jerky. On the plus side, it lasts a long time without spoiling.