

Anatomy of a Bento Box Snack

Bento boxes are a fun way to create a balanced snack that is healthy, delicious, and mobile! With the right combination of ingredients, you can build a bento box that is balanced and will keep you full until your next meal. You can find traditional Japanese-style bento boxes online or you can use any type of airtight container with multiple compartments.

Protein

Boiled eggs	Cubed ham/chicken
Cottage cheese	Roasted chickpeas
Hummus	Cheese stick or cubes
Yogurt	Tuna or chicken salad

Vegetables | Fruit

Carrot sticks, slices, or baby carrots	Strawberries
Cherry tomatoes	Raspberries
Cucumber sticks or slices	Cubed melon
	Blueberries
	Blackberries

Carbohydrates

Crackers	Mini-bagels
Pretzels	Pita crisps
Toast wedges	Tortilla chips
Rice cakes	Whole grain bread

Healthy Fats

Almonds	Nut butter
Walnuts	Seed butter
Pumpkin Seeds	Avocado or Guacamole
Sunflower seeds	
Chia Seeds	

