Hey there! I'm Kelsey Rosenbaum, your campus dietitian. At Tulane Dining Services, we know that final exams are stressful. When choosing a snack, it is important to consider brain boosting snacks that are healthy and help you feel energized. Below are a list of finals snacks I recommend you consider during this stressful time. Need any help or suggestions? E-mail me at Kelsey.Rosenbaum@sodexo.com or follow me on Instagram @dininghall.nutritionist. Good luck on your finals!

- Whole wheat bread with peanut butter
- Celery sticks with raisins and peanut butter
- Crackers with peanut butter
- Apples with peanut butter
- Bananas with peanut butter
- Milk or soymilk with fruit
- Milk with graham crackers
- Cottage cheese with fruit
- Cottage cheese with tomato slices
- Raw baby carrots with hummus
- Yogurt with berries
- Granola bars
- Light microwave popcorn
- Light ice cream
- Crackers with slices of cheese
- Cheese cubes and grapes
- Raisins and roasted almonds
- Pretzels and roasted almonds
- Whole wheat bagel topped with cheese and turkey
- Baked potatoes with sour cream and shredded cheese
- Thin crust pizza
- Protein bars

Source of Allergens: Tulane Dining Services.