



# SELF



## 14 High-Protein Snacks Under 200 Calories

Power up with these nourishing treats.

When you come down with a snack attack, it's important to choose your sustenance wisely. A bag of chips may squash your salt hankerings, but it's probably not actually going to hold you over for very long. You need something more substantial to really knock out those hunger pangs and keep you feeling satiated throughout your day. You need something [high in protein](#).

Unlike the carbs in those chips, protein takes a long time to digest. The amino acids that make up protein take a while to break down and utilize, explains [Rebecca Scritchfield](#), R.D., host of the Body Kindness Podcast, keeping you satisfied longer. (Your body uses the amino acids in protein to repair and develop your muscles, which is why it's so important to stock up on this nutrient [after a workout](#).)

The right amount of protein is different for everyone. Scritchfield recommends eating about 0.5 grams of protein for every pound of body weight, but this could vary depending on your body type and level of activity. One thing she warns against? Eating all your protein at once. "You don't need a bunch of protein to get the satiating effect," she says. In fact if you do [eat too much protein](#), your body is more likely to store the excess nutrient as fat, she explains.

So you're going to want to spread out when you eat protein throughout the day, and that's where these snacks come in. These 14 recipes have enough protein to give you the boost you need to get from meal to meal. Plus, most of them are easy to store and transport to work. Keep them at your desk or in your office fridge for whenever hunger strikes.



## 7. Banana Matcha Energy Bites from Two Purple Figs



These bars get a high protein count from an assortment of nutritious and familiar ingredients—oats, seeds, nuts, and flax powder are all great sources of protein. Bonus: Matcha powder is also a secretly a protein-packer, and just 3 grams has 1 gram of protein. Get the recipe [here](#).

***Per One Serving: 197 calories; 6.5 grams protein***



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