Skip the Protein Bars — Dietitians Recommend These 9 High-Protein, High-Fiber Snacks Instead

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Dates with nut butter are a protein and fiber-rich snack Credit: vaaseenaa/Getty Images©

These delicious ideas are much more satisfying than a boring bar.

Snack foods don't always have the staying power to keep you full. The best snacks to keep you satisfied between meals will have a mix of fiber and protein, according to experts. Here's why: Fiber helps stabilize blood sugar, slows digestion, and increases satiety. And protein helps stimulate satiety hormones that keep you feeling fuller for longer. Of course, bars are a convenient choice when you want something quick, but they aren't your only option. Below are a few fiber- and protein-filled snacks that dietitians recommend.

Homemade Energy Balls

Mai Duong, a registered dietitian at Providence St. Joseph Hospital in Orange County, California, recommends whipping up a batch of energy bites for a quick, on-the-go snack. To do so, mix together one cup of rolled oats, one-fourth cup of nut butter, and one-fourth cup of chopped dried fruit. Shape into four balls and refrigerate before snacking. Each bite contains roughly 7 grams of protein and 4 grams of fiber, according to Duong.

Turkey Roll-Ups

Need something a little heartier? Sahar Berjis, a registered dietitian and CEO of Inner Health and Wellness, recommends making roll-ups using a wrap and some deli meat like turkey. She suggests serving some hummus and red bell pepper on the side for a little extra nutrition. "It's protein-packed with a satisfying crunch," she says. The exact amount of fiber and protein will vary depending on the wraps you choose.

Chia Berry Jam Parfait

Make your own high-fiber, low-sugar jam to top Greek yogurt. Bonus: it's super simple! Just thaw a half-cup of frozen mixed berries in a jar until soft and mix juice from half a lemon, a drizzle of honey if desired, and two tablespoons of chia seeds, instructs Juliette Jorgenson, a registered dietitian with Providence St. Joseph Hospital in Orange County, California. "Cover and let gelatinize in the fridge overnight, and you'll have perfectly gooey high-fiber jam," she says. Add it to Greek yogurt and top with ground flaxseed, nut butter, and bananas for even more fiber and protein, Jorgenson suggests. Depending on the yogurt and berries you use, the jam and yogurt will contain roughly 13 grams of fiber and 16 grams of protein, Jorgenson says.

Frozen Yogurt Bark

Try one of Berjis' go-to frozen treats. Line a baking sheet with parchment paper, add dollops of Greek yogurt, top each one with berries, chia seeds, and nuts—then freeze. A typical serving of Greek yogurt contains roughly 16 grams of protein, depending on the brand you use, and fiber will vary based on the toppings you choose.

Lentil Dip or Salad

This easy-to-prep idea from Eu Nee Tan-Verdugo, a registered dietitian with L.A. Care Health Plan, can be customized to fit your taste and time constraints. Mix precooked lentils, feta, and tomatoes (or bruschetta dip if you can find it) for an easy dip that you can add on top of whole-wheat crackers. "You can also add edamame and cubed cucumber to make it a salad," she says. A 100-gram serving of cooked lentils contains 9 grams of protein and nearly 8 grams of fiber, according to the USDA.

Roasted Legumes

2026 is the year of the bean—and for good reason. Legumes are loaded with fiber, protein, and antioxidants, which help keep your heart, gut, and cholesterol healthy. Dana Henderson, a registered dietitian at L.A. Care Health Plan, likes roasted edamame or fava beans for an easy, portable snack. A 100-gram serving of edamame contains roughly 12 grams of protein and 5 grams of fiber, according to the USDA. Or try Berjis's go-to: roasted chickpeas. "They're crunchy, portable, and surprisingly addictive," she says.

Higher Protein Hummus

Give your hummus an extra nutrient boost with this tip from Duong. Combine one cup of drained and rinsed garbanzo beans, a half-cup of reduced-fat cottage cheese, two tablespoons of tahini, plus lemon juice, garlic, parsley, and salt in a food processor. Blend until smooth and

serve with a cup of carrot chips. You'll get roughly 6 grams of fiber and 7 grams of protein, she says.

Cottage Cheese Bowls

Or make cottage cheese the main character by adding your favorite toppings. If you prefer savory, Berjis suggests topping your bowl with cucumber and tomatoes. For something sweet, Jorgenson recommends adding berries and flax. A half-cup of cottage cheese with a half-cup of berries and one tablespoon of flax meal contains roughly 14 grams of protein and 6 grams of fiber, Jorgenson says.

Dates With Nut Butter

"This is the perfect sweet treat," says Jorgenson. Just split open a few dates, remove the pit, and add in your favorite nut butter. Sprinkle with flaky sea salt and freeze for about 30 minutes. The nutrition information will vary depending on the nut butter you choose, but Jorgenson estimates that three dates and two tablespoons of peanut butter contains 8 grams of protein and 6 grams of fiber.