

19 Energizing Snacks Dietitians Swear By When the 3 p.m. Slump Hits Hard

Oh, the dreaded 3 p.m. energy dip. We're pretty sure it's the reason the vending machine was invented, and the sole purpose for that secret stash of year-old Halloween candy in the back of our desk drawer. It's a universal struggle that even health experts can't escape. But they do their best to fight it off by having healthy snacks on hand. We surveyed 19 dietitians (who also happen to be some of our favorite food bloggers) to get their personal, go-to convenience snacks for conquering the notorious slump. And no, none of them even mentioned homemade organic kale chips.



8. Go Macro Bars

"These are my go-to bars for the 3 p.m. slump because they're completely plant-based and provide the perfect amount of carbs, protein, and fats to give me an energy boost. I'll either have the large bar or eat one of their "mini" bars along with a big apple or peach."—Angie Asche, MS, RD, LMNT, owner of Eleat Sports Nutrition, LLC

(\$26.59; [amazon.com](https://www.amazon.com))