

Healthy Snacking

Snacking is often regarded as a bad behavior and restricted or eliminated from our diets. However, snacks can be an important part of your nutritious eating plan if the foods you choose are healthy and contribute to a well-balanced diet.

Healthy snacks provide extra energy for exercise or help to sustain energy until a meal is eaten, therefore increasing your metabolism and your body's ability to burn fat. Choosing healthy snacks between meals can prevent overeating by reducing hunger at meal times. Don't forget snacking can be good for you, but remember snack calories count in your total calories for the day. So, make sure to pick healthy, low-calorie snacks and skip the junk food.

On average: men should aim for ~200–250 kcal for snacks and women should aim for ~150-200 kcal for snacks

- **1 cup cereal (>3g fiber) with 1 cup skim milk**
- **¼ c granola with non-fat vanilla yogurt**
- **Large banana with to-go packet of nut butter**
- **1/2c 1% cottage cheese with fresh fruit**
- **low-fat or non-fat greek yogurt with fruit**
- **light string cheese and fruit**
- **1 ½ oz. low fat cheese (2 light babybel or cracker barrel 2% cheese sticks) and fruit or 6-8 (>3g fiber)crackers**
- **Light mayo tuna or egg salad with whole grain crackers**
- **¼ c hummus and veggies**
- **1/4c nonfat veggie dip and veggies *increase protein and use greek yogurt, use 5oz cups!**
- **3/4c MAKE YOUR OWN trail mix: ¼ c dried fruit (unsweetened) + ¼ cup hi fiber cereal + 10 nuts OR ¼ cup dry roasted edamame**
- **15 nuts and yogurt**
- **Lunch meat roll up – 2oz lean low sodium lunch meat (~3 slices) and low fat cheese (1oz or ~2 slices)**
- **Smoothie – made with nonfat yogurt and 1 c fruit and 1/4c skim milk 1/4c dried fruit (no sugar added) and 15 nuts**
- **Bar (<140-200 kcal; >3g fiber, <3-5g fat, <5-10g sugar)**