





















Healthy Snacks

 Melons	 Pears	 Oranges	 Berries	 Pineapple
 Carrots	 Celery	 Cucumbers	 Broccoli	 Whole Grain Bread
 Pretzels	 Cereals	 Bagels	 Pumpkin Seeds	 Sunflower Seeds
 nuts	 BAKED chicken	 peanut Butter	 cottage cheese	 YOGURT

With Compliments of
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Satisfy Your Hunger with Healthy Snacks

It's very important that you don't let yourself get too hungry. In between meals, keep your healthy eating habits in check by snacking. It helps stabilize your blood sugar, not letting it get too low, controls hunger and reins in portion sizes at meals.

*Below is a list of some healthy and satisfying snacks –
because if they're not satisfying you'll go in search of something that is.*

Whole wheat mini pitas/crackers with Hummus

One mini whole wheat pita has only 35 calories and hummus has only about 30 calories per tbsp. Throw in a few tomato slices and a dollop of nonfat yogurt and you've got yourself a tasty, low calorie, satisfying healthy snack. Prepare it ahead of time so it's ready when hunger hits. Hummus is also a great healthy snack that can also be used to dip veggies in. Have some chopped veggies in the fridge or in your lunch bag with a container of hummus for a convenient and healthy snack.

Home Made Granola

Pre-packaged granola can have a lot of sugar and added unnecessary and unhealthy ingredients. Make your own made-to-order granola. Throw in some almonds, walnuts, dried cranberries, whole grain cereal, soy nuts or chips and mix it up. If you need a little more flavor add some spices – cayenne pepper if you like it hot and spicy, cinnamon and nutmeg for a festive flavor or a salt substitute if you're craving a little salty snack.

Total Yogurt

Skip the usual fruit-on-the-bottom suspects — high in sugar, ho-hum in texture. Try Greek Yogurt instead. This imported yogurt is strained, which makes it fluffy. It'll fool you into thinking it's fat-filled, but the "0%" on its label tells you how much fat it really contains. The 80 calories per serving give you room to maneuver, so sweeten the pot with chopped apricots, fruit or dates. Most Greek Yogurt has a good amount of protein too.

A Dressed-Up Apple

A 2003 Brazilian study found that three apples a day can keep weight gain at bay — and can even help your weight go down. The best way to lose weight is to increase consumption of fruits and vegetables. That increases volume and decreases calorie density. If you've got 5 minutes and a knife, cut your apple up and mix it with some chopped walnuts and a teaspoon or two of maple syrup. Or eat it with a tablespoon of peanut butter to add about 100 calories' worth of the satiating power of nuts.

Kashi Chewy Granola Bars

These are the chewiest bars going (don't confuse them with other types of Kashi bars — look for "chewy" on the label). They have 130 to 140 calories each, 4 grams of fiber, 5 g of protein, and they're made with real nuts and whole grains. And they actually taste good and they're good if you're on the go.

Make a Smoothie

Throw some non-fat milk, non-fat plain yogurt in the blender with some of your favorite fruit and nuts, a little cinnamon if you like, add some ice and you've got yourself a sweet and healthy frozen treat.

Quaker Express Oatmeal

If you think the microwave's only contribution to snack time is popcorn, you have to try Quaker Express. Office-friendly, it's packaged in an individual cup. Just add water and microwave for about a minute, and you're set to snack. Studies have found that oatmeal is more filling than dry cereal with the same calories and fiber content.

Frozen Peas And Corn

Ditching the celery sticks doesn't mean abandoning the whole food group. Frozen vegetables often taste better because they're not turning into starch, like their produce-aisle counterparts. Freezing vegetables seals in their naturally sweet flavor.

Half of a cup of peas has 55 calories and 3 g of fiber; the same amount of corn contains 72 calories with 2 g of fiber. The high-fiber and low-calorie-density combination means they're filling and satisfying, and the frozen part makes them interesting. They're firm, but not rock hard, and they melt in your mouth. You can use the same trick with fruit. Freeze grapes or cherries, and it's a whole different experience.

Soy Chips

If edamame had a tryst with orange-dusted nachos, the result would look a lot like soy chips — a high-fiber, low-fat snack that's a significant source of soy protein. And soy protein, according to a recent study in the *International Journal of Obesity*, not only helps facilitate weight loss, but also helps ensure that the weight lost is fat rather than muscle. The isoflavones in soy act like estrogen and inhibit the enzyme that facilitates fat deposits, according to Paul Cooke, Ph.D., a soy researcher at the University of Illinois.

Water

Before you reach for a snack — even one on this list — ask yourself if you're really hungry. Research shows that many confuse hunger pains with dehydration. If you're not sure, reach for a tall glass of water and if you're still hungry 15 minutes later, go for one of the healthy snacks we mentioned above.

Frozen Juice Bars

Unwrap a frozen juice bar and you can practically hear the ice cream truck rounding the corner of your cul-de-sac. They're sweet and tangy, and anything frozen takes longer to eat. They're just a few calories, and they've even got some vitamins. A good one is Edy's Tangerine, with flavor as bright as its color — and a mere 80 calories.

It is important for you to eat continuously throughout the day in order to keep you from "binging" at some point and making wrong decisions. If you are eating correctly then you should never feel "hunger". When your body puts out the feeling of hunger, it means that you are actually starving. At this point your mind starts to crave high calorie, high fat accessible foods and you could easily make a wrong decision.

In order to insure that this does not happen you should be eating 3 meals a day along with 2 to 3 snacks. A meal (meaning 300 to 400 calories) will stay with you for between 3 and 4 hours depending on its nutritional qualities and a snack (100 to 200 calories) will only last up to 2 hours. Therefore, 3ish hours after a meal you should have a snack and no more than 2 hours after the snack you should have another meal. This way your bodies metabolism continues to work, as opposed to having to slow down or stop all together due to a lack of "fuel".

Your schedule should look something like this:

8am - Breakfast

11am - snack (Protein packed!!!)

1pm - Lunch

4pm - snack (Protein packed!!!)

7pm – Dinner: (protein and veggies, leave out the starchy carbs)

9pm - snack (good choices here are fruit with cheese (1 oz); greek yogurt, celery with pb and raisins)

OTHER IDEAS FOR HEALTHY SNACKS

Nonfat Cottage Cheese	Soy Chips	Cherry Tomatoes
Frozen Grapes	Bean Salad	Nonfat Yogurt
Protein Bars	Tuna	Peanut Butter
Hard Boiled Eggs	Sliced Apples	Frozen Mangos
Orange Slices	Pickles	Frozen Yogurt
Sugar Free Jello	Olives	Frozen Bananas
Broccoli Florets	Crystal Light Popsicles	Apple & Peanut Butter
Sliced Chicken Breast	Baked Apple With Cinnamon	Walnuts/Almonds
Green Salad	Toast With Peanut Butter	Sunflower Seeds
Hummus	Baked Sweet Potato	Tuna Salad Sandwich
Oatmeal & Protein Powder	Black Beans & Chicken	Baked Chips & Hummus

Remember: Keep Healthy Snacks with you at all times!