

Smart Snacking!

When hunger strikes, be ready to strike back! Before you grab just anything off the shelf, make sure your snack choice is the right one. Try these snack ideas when you have that certain craving.

CRUNCHY

- ✓ Vegetable sticks (carrot, celery, cucumber, bell pepper, zucchini)
- ✓ Broccoli or cauliflower spears
- ✓ Fruit slices (apples, pears)
- ✓ Unsalted rice cakes
- ✓ Unsalted popcorn

SALTY

- ✓ 1/4 cup sunflower seeds
- ✓ One dill pickle
- ✓ Palmful of lightly salted nuts
- ✓ Palmful of olives
- ✓ Hummus with veggie sticks
- ✓ 1 ounce low fat cheese
- ✓ Unbuttered popcorn (make your own seasoning blend)

SWEET

- ✓ Fresh Fruits (mango, apple, banana, [frozen] grapes, pineapple)
- ✓ Palmful of dried fruits (no sugar added)
- ✓ Unsweetened canned fruit
- ✓ Plain yogurt or cottage cheese with fruit
- ✓ An ounce of dark chocolate

THIRSTY

- ✓ Water!
- ✓ Club soda with fresh citrus and mint
- ✓ Half water or club soda with half 100% fruit or veggie juice
- ✓ Unsweetened green tea

SNACKS UNDER 200 CALORIES

Savory/Salty Snacks:

- ✓ 8 tortilla chips and ¼ cup salsa (fewer calories with homemade chips and salsa!)
- ✓ ½ cup raw veggies with 2 Tbsp. of hummus
- ✓ 2 cups air-popped popcorn
- ✓ 1 ounce ham or turkey and 1 ounce low-fat cheese roll-up
- ✓ 1 ounce trail mix
- ✓ ½ cup roasted chickpeas
- ✓ ½ cup homemade kale chips

Sweet Snacks:

- ✓ ½ cup low-fat yogurt and ¼ cup granola
- ✓ 1 cup of unsweetened applesauce
- ✓ Apple or celery with 2 Tbsp. peanut butter
- ✓ 1 cup waldorf salad (apple, nuts, raisins, greens, low fat yogurt)
- ✓ 20 frozen grapes
- ✓ 1 rice cake with 1 Tbsp. Nutella

Be sure to hydrate!

Ask your snack these questions to be sure it has your best interests at heart:

Is it...

- ...baked?
- ...made with whole grains?
- ...low sodium?
- ...reduced fat?
- ...just one serving?

Does it have...

- ...no sugar added?
- ...no added salt?
- ...zero trans fat?
- ...about 100 calories?
- ...less than 10 grams of sugar?
- ...more than 5 grams of fiber?
- ...less than 1 gram of saturated fat?

Was it...

- ...fried?
- ...“flavor blasted?”
- ...stuffed or loaded?
- ...covered in caramel?
- ...dipped in chocolate?

Good snacks say:

YES!

YES!

NO!