

# Healthy Snacking

A common myth about snacking is that it's not good for you. On the contrary, snacking takes the edge off hunger that occurs in between meals.

## Pack Your Snacks

The body's fuel typically runs out within 4 to 6 hours after eating a meal. If you don't eat, you'll feel your energy level drop and your performance dwindle. Try packing snacks to bring with you to work, school, or wherever your busy schedule takes you. Otherwise, you'll end up relying on vending machines or convenience stores, where the selection is limited and many of the choices are high in fat and low in nutrients. Here are some tips for healthy snacking:



## Pick Your Snacks Wisely

Low-fat choices to choose:

- Plain bagel with a smear of low-fat cream cheese
- Low-fat muffin
- Pretzels, rice cakes, or chips made without oil
- Low-fat granola bar
- Ginger snaps, oyster or graham crackers, vanilla wafers, or fig bars
- Low-fat microwave popcorn

High-fat choices to avoid:

- Danish and donuts
- Snack cakes, cupcakes
- Chips and crackers
- Chocolate bars
- Cream-filled cookies

- Ready-made popcorn



## **Snacks for Anytime, Anywhere**

Good, portable snacks:

- Individual boxes of unsweetened cereal
- Fresh fruit (oranges, pears, grapes, and apples all travel well)
- Vegetable sticks or baby carrots
- Mini-boxes of raisins
- Rice cakes
- Graham crackers
- Low-fat granola bars
- Low-fat muffins
- Juice boxes
- Pretzels

## **Snack Supplies For Home and Work**

- Raw vegetables
- Nonfat or low-fat yogurt
- Individual servings of fruit cocktail and applesauce
- Low-fat cottage cheese

- Individually-wrapped cheese slices or sticks
- Instant oatmeal
- Small cans of water-packed tuna