



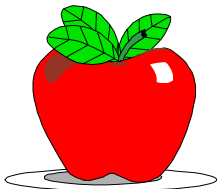
# Healthy Snacking

Hungry? Have a snack! One great way to get in all the nutrients you need and actually help with weight goals is to SNACK.

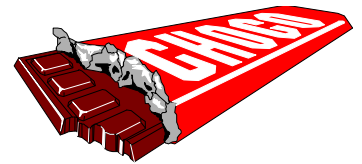
**1. BRIDGE THE HUNGER GAP!** Anticipate your daily hunger/food patterns and PLAN on snacking. Are you hungry every day in the afternoon? Can't WAIT to get home to eat dinner? EAT a snack in the office and then be sane for dinner (or post work work-out).

**2. KEEP SNACK FOODS AVAILABLE:** plant some snacks in your desk, carry some with you if traveling or out at meetings all day, and in your kitchen. Think about which snacks you can get at quick stop locations on your way to/from the office.

**3. MINI-MEALS ARE ALWAYS BEST :** try leftovers, a half a sandwich, etc. Cake, cookies, chocolate, ice cream... are all fine sometimes.



## SNACK ATTACK ! SUGGESTIONS



### Desk/Briefcase

Frosted mini-wheats (small box)  
Crackers & string Cheese  
Fat-free pudding snack pack  
Baby carrots  
Raisins-individual packet  
Low-fat granola bar  
Banana/apple-other fruit  
Snack pack fruit pineapple  
Low-fat muffins  
(*Health Valley* in supermarket  
or *Muffin-A-Day* in freezer section)  
Applesauce snack packs  
Animal crackers/fig bars  
Yogurt  
Bagels/rice cakes  
Pretzels

### Kitchen

Lowfat muffin & milk  
Yogurt & banana (or other fruit)  
Cereal and milk  
Sweet or baked potato  
Frozen minibagel pizza  
Soup and crackers  
Frozen pudding pops  
Frozen fruit bars  
Fresh fruit  
Pita or mini carrots w/ hummus  
Tabouli (prepackaged)  
Peanut butter w/ crackers  
English muffin w/ cheese  
Pre-cut veg from market w/ salsa  
Milk/fruit shake  
*Amy's Burritos* (frozen)

### Quick Stop

Low-fat muffin & milk  
Milkshake (small, lowfat)  
Frozen yogurt  
Baked chips (tortilla or potato)  
Soft taco (*Taco Bell*)  
Pizza slice  
Yogurt/wheat bread/fruit  
*Cracker Jacks*  
Salad  
Pretzels  
Dried fruit/nut pack  
Graham crackers & milk

## **GOT A CRAVING?**

Sometimes we are just in the mood for something crunchy, or sweet or salty, or creamy.....check the following suggestions for some alternative choices to higher fat and calorie junk food. Although most portions are not indicated- portion size does matter when it comes to snack foods.

### **CRUNCHY**

*Cheerios* or other crunchy cereal (*Wheat Chex, Corn Chex, ....*)

Baked chips: potato or tortilla (try with bean dip)

Low-fat granola bars

Baby carrots

Graham crackers (have with a glass of low-fat milk)

Animal crackers (ditto)

Hot air popcorn

Jicama

Celery (try with salsa)

Dried vegetables (corn, peas, mixed - a brand named "*Just Veggies*" offers a great variety)

### **SWEET**

Raw pineapple or pear

Apple with honey

15 jellybeans

Strawberries with chocolate syrup

Caramel rice cakes

2 small cookies or 5 vanilla wafers

2 *Fig Newtons* (apple, strawberry too!)

Frozen grapes

Prunes (*Sunsweet* has delicious lemon or orange scented ones!)

Frosted mini-wheats

Raw red or yellow pepper

Dried cranberries

Lite hot chocolate

### **CREAMY**

Low-fat milkshake

Pudding snack pack (choc, vanilla, rice, tapioca)

Apple sauce

Frozen banana

Tomato soup

Sorbet bar, pudding pop or fudgsicle

Low-fat yogurt

1 TBS peanut butter

Chocolate milk (1% milk)

Mashed sweet potato

### **SALTY**

Pickle

Saltines

Fresh tomatoes w/ crumble of low fat feta cheese

Sliced cucumber salted

Salted minipretzels

Sundried tomatoes

Baked potato or tortilla chips w/ salsa

### **OTHER Snacks: Mini-meals**

1/2 cup pasta salad

Pita with vegetables

Soup (*Nile Spice, Fantastic, and Health Valley* all have wonderful instant soups in a cup)

Soup (1 cup of any legume soup such as lentils, black beans, peas, minestrone)

1/2 sandwich; turkey, peanut butter, .....

1 large cup milk with just about anything

Apricots and almonds

Yogurt and fruit

Yogurt and lowfat granola or another crunchy cereal

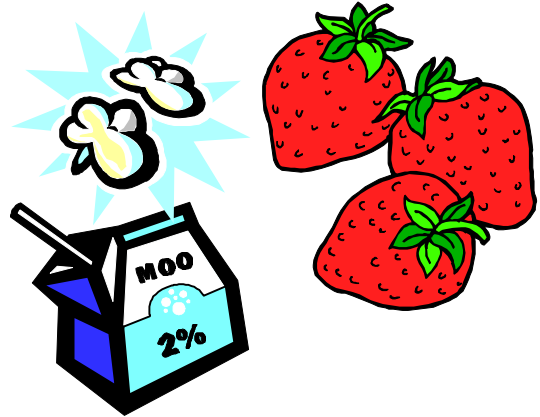
Cereal and milk

Cheese stick with an apple or a slice of whole grain bread (or a few crackers)

Pita with hummus

Large baked pretzel

Baked potato or sweet potato w/ lowfat cottage cheese



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