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

**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
- Tabouli (prepackaged)

**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
- Salad

- *Health Valley* in supermarket
- Pita or mini carrots w/ hummus
- *Muffin-A-Day* in freezer section
- Apple sauce snack packs
- Animal crackers/fig bars
- Yogurt
- Bagels/rice cakes
- Pretzels

- English muffin w/ cheese
- Pre-cut veg from market w/ salsa
- Milk/fruit shake
- *Amy’s Burritos* (frozen)

- *Cracker Jacks*
- Pretzels
- Dried fruit/nut pack
- Graham crackers & milk

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**THE WOMEN’S SPORTS MEDICINE CENTER**

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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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