Smart Snacks

Snacks can be an important part of a healthful diet. Well-chosen snacks can help you manage hunger, weight, and energy. Snacks keep you going when you are dragging – and nutritious snacks keep you going longer.

**SNACK WHEN YOU'RE HUNGRY.**
Skip the urge to nibble when bored, frustrated, or stressed. Manage stress or boredom with a walk instead of a donut.

**SNACK CONSCIOUSLY.**
Eat when you snack, relax when you watch TV. Don’t confuse the two. Snacking absentmindedly while doing other things leads to overeating.

**PLAN AHEAD FOR SMART SNACKING.**
Keep a variety of tasty, nutritious, ready-to-eat snacks on hand at home, at work, or wherever you need a light bite to take the edge off hunger. That way you won’t be limited to snacks from vending machines, convenience stores or fast-food restaurants.

### Simple Snacks
- Vegetable sticks, baby carrots, cherry tomatoes
- Fresh fruit
- Low-fat granola or breakfast bars
- Crackers (e.g., Saltines, Triscuits, wheat thins)
- Pretzels
- Applesauce
- Air-popped or microwave low-fat popcorn
- Flavored rice cakes
- Asian rice crackers
- Nuts/raisins/trail mix
- Dried fruit
- Low-fat yogurt
- Hard-boiled egg
- Graham crackers
- Juice boxes (100% juice)
- Mini cans of water-packed tuna
- Fruit cups
- Individual boxes of unsweetened cereal

### Combo Snacks
- Fresh fruit and low-fat yogurt
- Peanut butter or low-fat cheese on whole wheat crackers
- Whole wheat pita bread and hummus
- Apple or pear slices topped with cheese
- Bagel chips and salsa
- Raw vegetables with a low-fat dip
- Tuna and chopped celery, tossed with low-fat mayonnaise or plain yogurt
- Pita bread stuffed with lettuce, tomato, cucumber, and low-fat dressing
- Quesadilla (flour tortilla w/ cheese and salsa)
- Fruit smoothie (fruit or juice, blended with milk or yogurt)

*Refrigerator snacks:* Stock your fridge with ready-to-go snack fixings: low-fat yogurt, low-fat cottage cheese, low-fat cheese, lean deli meats, fruit juice, low-fat milk, and ready-to-eat fruits and vegetables.

*Microwave snacks:* Heat single-serving soups (broth or tomato based, not cream). Make an instant pizza by topping a bagel or English muffin with tomato sauce and part-skim mozzarella cheese. Make a hot bean dip with refried beans, salsa, and mild green chilies, and serve with tortillas. Melt cheddar cheese on a microwave-baked potato.

*Sweet snacks:* Try these goodies: pudding, spiced applesauce, low-fat or fat-free frozen yogurt, graham crackers, hot chocolate, vanilla wafers, low-fat fudge bars, dried fruit, fig bars, fresh fruit salad sprinkled with cinnamon, raisin toast, frozen juice bars, frozen grapes, or a fruit flavored bagel.

References: Duyff, R. *The American Dietetic Association’s Complete Food and Nutrition Guide*, 1998; University of Illinois at Urbana-Champaign McKinley Health Center (www.mckinley.uiuc.edu/health-info/nutrit/nutrit.html)