

# Snack-and-Go

If you start to feel hungry, and it's the middle of the afternoon, don't avoid your stomach! Snacking can help with binge control by curbing your hunger until the next meal and prevent overeating. It provides a source of energy and nutrients when traditional meals are skipped, often due to hectic schedules.

Select snacks that satisfy your hunger between meals, supply your body with energy, and provide important nutrients. For example:

**Whole grains** are rich in fiber and complex carbohydrates, a good source of energy that lasts longer. Look for items that contain 2 or more grams of fiber and are fortified with other nutrients.

**Fruits and vegetables** are another good source of vitamins and minerals. They provide a longer sense of fullness from fiber and water, contain no fat (except avocado) and few calories.

**Nuts and seeds** provide protein and monounsaturated fat, a healthy form of fat, which helps keep you feeling full longer. Nuts and seeds are higher in fat and calories so it's important to eat them in moderation.

**Low-fat dairy products** are a good sources of calcium and protein. Look for items that are low-fat or fat-free.

## Power Snack Combos:

Try to combine 2 or more food groups when having a snack, such as:

- \* Trail mix with low-fat granola cereal, dried fruit, and mixed nuts
- \* Apple with peanut butter, raisins, and cinnamon
- \* Assorted vegetables with low-fat or fat-free dip
- \* Peanut butter and banana sandwich on one slice of whole wheat bread
- \* Cottage cheese and pineapple chunks
- \* Smoothie with low-fat vanilla yogurt and fresh fruit, topped with low-fat granola cereal
- \* Granola bar with low-fat yogurt or fruit cup
- \* Hummus with whole wheat pita bread, pretzels, or assorted vegetables
- \* Pinto beans mixed with salsa, and slightly heated in microwave to use as a dip for baked tortilla chips, whole wheat pita chips, or pretzels
- \* Peanut butter spread between cinnamon graham crackers and a glass of skim milk

### Snack Tip:

*Though snacks can contribute to a healthy diet, they can also be a source of excess calories if not eaten in moderation.*

*Purchase snacks in pre-packaged single serving sizes or portion food onto a small plate, bowl, or plastic sandwich bag.*





# Simple Snacks



**GRAINS**  
Cereal—choose cereals with 2 or more grams of fiber, fewer than 12 grams sugar, and less than 3 grams of fat  
Crackers—oyster, saltines, rye crisps, low fat wheat thins, triscuits, or snackwells  
Bagel, English muffins, pita bread  
Whole grain bread

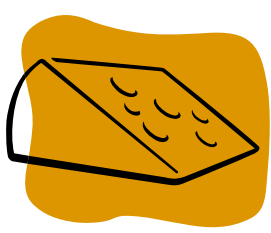


**VEGETABLES**  
Raw vegetables  
Sticks—celery, carrot, bell pepper  
Slices—tomato, cucumber, zucchini  
Broccoli or cauliflower pieces  
Vegetable juice—V-8, tomato

**FRUITS**  
Fresh fruit  
Canned fruit in water or own juice  
Dried fruit—cranberries, bananas, raisins  
Frozen strawberry, orange or apple juice bars  
Juice (100%)—apple, orange, pineapple, pear

**DAIRY**  
Skim, 1%, or low-fat chocolate milk  
Low-fat or non-fat fruited yogurt  
Low-fat cheese cubes or slices  
Low-fat or non-fat cottage cheese  
Low-fat instant pudding  
String cheese

**MEAT/PROTEIN**  
Sliced turkey or chicken breast  
Water packed tuna  
Lean ham or roast beef  
Peanut butter or mixed nuts  
Beans and legumes  
Hummus



**OTHER**  
Pretzels or low-fat popcorn  
Baked tortilla chips with salsa  
Low-fat cookies—graham crackers, animal crackers, teddy grahams, fig newtons, gingersnaps, snackwells  
Low-fat or non-fat frozen yogurt  
Low-fat ice cream

