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.

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**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

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**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