



## Snacking



Once thought to be bad, we now know that planning snacks for between meals or at your hungriest point during the day can actually save you calories. As time passes without filling our bodies with adequate nutrition, hunger sets in and at that point we tend to over eat. Plan ahead to prevent the hunger from taking over. Try packing snacks to bring with you to work, school, or wherever your busy schedule takes you and avoid vending machines!

### Snack ideas

- 6 low sodium crackers or 3 graham cracker squares with 2 T natural peanut butter
- 6 low sodium, whole wheat crackers with 1 “Laughing Cow” wheel
- No salt added mixed nuts
- Piece of fruit with low fat, low salt cheese or natural peanut butter
- Pineapple and low fat, low sodium cottage cheese
- 6-oz low fat yogurt
- Fresh vegetables with ¼ cup hummus
- Low fat cheese stick or dip with fresh vegetables
- Mini size bag of no salt added popcorn
- 1 handful of mini pretzels with unsalted nuts
- 2 Rice cakes with low sodium salsa or peanut butter