

Snack Attack

When hunger strikes between meals, it is okay to have a snack. In fact, snacking between meals is recommended. Snacking can boost energy and keeps metabolism working. It is important to choose nutrient-rich snacks. Aim for snacks that include both protein and carbohydrate, along with fiber.

Healthy ideas to curb your hunger:

- Apple and peanut butter
- Air-popped popcorn
- Veggies with hummus
- Whole wheat crackers and low-fat cheese
- Frozen yogurt
- Rice cake and peanut butter
- Trail mix with almonds, raisins, and sunflower seeds
- Low-fat yogurt with granola
- Fruit smoothie with low-fat yogurt
- Fat-free pudding
- Graham crackers with sunflower seed butter
- Cottage cheese doubles
- String cheese with pretzels
- Fig Newtons® and skim milk

