



Smart Snacking

When hunger strikes, be ready to strike back! Before you grab just any snack, check out these suggestions for nutritious choices that will satisfy any craving.

Crunchy	Salty	Sweet
Carrot sticks	Sunflower seeds	Fresh fruit
Broccoli florets	Dill pickle	Dried fruit
Apple slices	Lightly salted nuts	Unsweetened canned fruit
Unsalted rice cakes	Olives	Plain yogurt
Unsalted popcorn	Hummus with veggies	Cottage cheese with fruit
Roasted chickpeas	Low-fat cheese	Dark chocolate

Under 200 Calories:

- 2 cups air-popped popcorn
- 1 ounce ham or turkey and 1 ounce low-fat cheese roll-up
- 1 ounce trail mix
- ½ cup roasted chickpeas
- ½ cup homemade kale chips

- ½ cup low-fat yogurt and ¼ cup granola
- 1 cup of unsweetened applesauce
- Apple with 2 Tbsp peanut butter
- 20 frozen grapes
- 1 rice cake with 1 Tbsp Nutella

Thirsty?
Water!

- Club soda with citrus and mint
- Half water or club soda with half 100% fruit or veggie juice
- Unsweetened tea