



Time to upgrade your mid-day snack.

Snacking sometimes gets a bad rap but it can actually be good for you when you choose the right kind of snacks as part of a nutrition plan. Healthy snacking improves overall health, curbs cravings, fights weight gain, regulates mood, boosts brain power and can give you the energy you need to keep going all day. There are hundreds of easy to find, easy to care to work, healthy snacks and the key is to select nutrient rich, whole foods to keep you full. Foods like fruits, vegetables, nuts, low-fat dairy products, whole grains and legumes are satisfying and filled with nutrients, fiber and protein needed to keep a balanced diet.

Check out some of the suggested snack options below to choose from to start your healthy snacking habit;

- Fresh Tomatoes and low fat cottage cheese
- Apple and natural, low sugar peanut butter
- ½ Cup edamame
- Air popped low salt and light butter popcorn
- Fresh Carrots and hummus
- Almonds and dried cranberries
- 2 Egg Whites and whole grain toast
- Grapes and low fat cheese
- Pistachios and dried apricots
- Fruit and protein smoothies
- Low Fat Greek yogurt and blueberries
- Cucumbers and Tzatziki
- Banana with Almond Butter and raisins
- ½ Avocado with Sunflower Seeds and Sprouts
- Strawberries with Hazelnut spread