



Yummy to the Taste...

...Skinny to the Waist!

I love food! Even more, I love the fact that health scientists are reporting that the more times a day we eat, the better it is for our metabolism! Bring on the food, right!

The key is to eat smaller portions at meal times and then eat healthy snacks every three to four hours. It is also important to remember to avoid foods which are “processed” because they tend to be a lot less healthy than those that are not. These are some examples of the healthier snacks I have fallen in love with!

1. Roasted Edamame

This snack is high in protein, which helps you feel full longer. I know it has a funny name, but trust me, it has a great taste! A portion is around ¼ cup, so it is enough to satisfy.

2. Two Large Graham Crackers Squares and 1 Teaspoon of Peanut Butter

This tastes almost like eating a peanut butter cup to me. When I have a craving for something sweet, this is my go-to snack!

3. Greek Yogurt

I tried this on a whim one day because it was on sale at the store and I had a coupon. It’s definitely one of the best snack discoveries I have ever made! Greek yogurt is sweet, creamy, and packed with protein to keep you feeling full longer.

CAUTION: Be sure to read the label and make sure the brand you choose is not loaded with sugar and fat!

4. Summer Fruit

During the summer, fruit tastes extra-sweet and is more reasonably priced since it is in season. I always use the opportunity during the summer to try out new and different fruits so I do not get burned out on the “old faithful” fruits that are available year round.

5. Dry Cereal

When I am in the mood to crunch on something, I reach for dry cereal. It is a good idea to keep several options in your pantry to satisfy whatever flavor you are craving. As with the Greek Yogurt, it’s important to look and make sure the brands and types you choose are low in fat and calories and not loaded with sugar.

Nutrition Facts	
Serving Size 3 Tablespoons (72g)	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Potassium 15mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 6g	
Vitamin A 2%	Vitamin C 4%
Calcium 8%	Iron 0%
Vitamin K 20%	Phosphorus 2%
Manganese 2%	

*Percent Daily Values are based on a 2,000 calorie diet.



6. Pop Chips

I never will forget the party I was at when I discovered Pop Chips! I rarely kept potato chips in the house because of the snack temptation they represent...BUT, these chips can be consumed because they are low in fat and calories! They can be a bit pricey for the portion you get, but I find they often go on sale. When they do, I stock up and ration them out until the next sale comes along.

7. Raw Vegetables and Hummus

When my daughter came home with a culture assignment to try hummus for her history class, my first thought was – GROSS! However, I soon discovered that hummus comes in lots of flavors so I could choose one that complimented the vegetables I was eating. I am now a new fan with three flavors on hummus on hand for all my dipping needs!

8. Sorbet

Instead of ice cream, I have learned to reach for this yummy alternative. It comes in lots of flavors and is sure to satisfy my craving for cold and sweet without the fattening side effect of ice cream!

9. String Cheese (Mozzarella Sticks)

I bought this for my kids one day and ended up eating most of it myself because it was so satisfying. Most brands pack less than 100 calories per serving so it is okay to indulge a bit. Again, be careful of the fat content because some brands contain more than others.

10. Boiled Egg Whites

Take out the yolk and the boiled egg is a very low calorie snack. I typically boil several eggs at a time so there is always one ready to snack on when I get hungry.

Always remember this: **PORTION CONTROL** is the key when it comes to snacking. Take a few extra seconds to measure your snack and put it in a small bowl or bag. NEVER eat straight from the container!

Be sure to always check the label to make sure you are only eating one portion per snack. Pre-packaged snacks often contain more than one portion, and you can accidentally eat too much!

Quick Tip...

Have several snacks packed and ready to go when you need to be out of the house. This will keep you from stopping and getting a snack you will later regret!