

Tips for Better Snacking



Snacks are an important part of your diet. But you must snack appropriately in order to achieve your health goals. Here are some basic tips to get the most out of your snacks:

- Snacks are mini-meals: aim to eat a good carbohydrate (fruit, vegetable or whole grain), lean protein and healthy fat every time you eat. If you can't get all 3 types of food in, aim for at least 2.
- Eat every 3 to 4 hours to keep your energy levels stable and your metabolism at its best, though pay attention to hunger cues.
- Try to eat a fruit or a vegetable with every snack.
- Measure out your food and sit down to eat at a table (try not to eat in front of the television or computer).

Here are some combination snack ideas, or mix and match your own from the list below:

- Fruit (1 medium piece)
- Raw vegetables (1/2 cup) with low fat or olive oil based dressing (1 tbsp or less)
- Unsweetened applesauce (1/2 cup)
- Fruit or vegetables dipped in peanut butter (2 tbsp)
- Vegetables dipped in hummus (2 tbsp)
- Peanut butter (or any nut butter—2 tbsp) and crackers with some fruit
- Trail mix – make your own with nuts, seeds and dried fruit (1/2 cup)
- Yogurt (6-8 ounces) with fruit
- Fruit smoothie (8 ounces)
- Reduced fat cheese (1 oz) and crackers
- Popcorn (3 cups)
- Pretzels and reduced fat cheese
- Nuts or seeds (small handful)
- High fiber cereal (3/4 c) & milk (1/2 c)
- Cottage cheese (1/2 cup) with vegetables or fruit
- Glass of milk
- Tortilla chips (small handful) with salsa
- Bars (see list below)

Base Smoothie Recipe

(experiment with amounts suited to your tastes and needs):

Plain yogurt or Greek nonfat plain yogurt
 1/2 Frozen Banana & Blueberries (or any combo of fruit)
 Drop or 2 of Honey (may not need if use banana)
 Ground flaxseed (adds protein, fiber and healthy fats), chia seeds or wheat germ
 Drop or 2 of olive oil (adds healthy fat)
 Low fat milk or milk alternate
 Couple of ice cubes
Optional: nuts, peanut butter, spinach, kale or protein powder

Brands of Snack Bars/Granola Bars/ Energy Bars that I like:

KIND bars
 Lara bars
 Clif bars (Luna or Crunch are best)
 Kashi TLC granola bars
 Quaker Oats Simple Harvest
 Nature Valley granola bars

Or better yet, make your own!

Eat to nourish, energize & flourish!™

Ann Dunaway Teh, MS RD LD

678-641-5682 • P. O. Box 1529, Marietta, GA 30061

www.dunawaydietetics.com • ann@dunawaydietetics.com