

## Planned Snacks

How you organize your snacks can make a big impact on your nutrition for the day. When you leave it to chance and wait until you are starving, you are more likely to make poor food choices and eat too much. An alternate approach is to plan ahead for your snacks. Know what times of day you begin to get hungry. Have a list of foods to choose from, and have those foods available. If you have trouble remembering, set a timer to remind you to stop and take a snack break. Most people do best when they eat every 3-4 hours. What works best for you?

Here are some snack ideas to get you started. Create your own snack list. Make it work for you!

### Snack ideas:

#### *Light hunger:*

Non-fat or low-fat milk

Fruit

Apple, Orange, ½ banana, Pear, Peach, Grapes, Watermelon, Strawberries, Dried cranberries, etc

Vegetables

Carrots, Celery, Jicama, Snow/snap peas, Bell pepper strips (green, red, yellow, orange!), cucumber, etc

Can use a 1-2 TBSP low-fat dip or salad dressing or hummus

#### *Medium Hunger*

Whole grain crackers, such as Triscuits or Akmak

Whole Wheat pretzels

String Cheese

Almonds, small handful

Popcorn (low fat, watch sodium)

Celery with peanut butter

Peanut butter

Slice of WW toast

Hard boiled egg

Cottage cheese

Plain yogurt with toasted slivered almonds

Small square dark chocolate

Cereal bars: look for fiber and minimal added sugar (best if it doesn't have the feel of a candy bar)

Smoothie made with plain yogurt or non-fat milk, fruit and ice cubes

#### *Substantial Hunger*

Leftovers from lunch or dinner

Soup

Sandwich

Cereal (with or without milk)