

# Smart Snacking



- Snacks should be about 100-200 calories each. If you're very active, a 200 calorie snack will keep you going between meals. If you're less active or sedentary, then a 100 or 150 calorie snack is more appropriate.
- Remember to factor any snacks that you eat into your daily calorie intake.
- Contrary to what you may think, snacking can actually help with weight loss. Eating snacks between meals can help control your appetite so that you don't overeat at mealtime.
- To help with portion control, pre-portion healthy snacks in baggies or small containers. Eating snacks straight from their packaging usually leads to over-eating and excess calorie intake.
- To snack healthy at work, pack a snack or two and bring them with you so you don't feel tempted to visit the vending machines.
- Don't sit in front of the computer or TV while snacking. We tend to eat more when our attention is on the TV or internet.
- To make a healthy snack, choose foods with fiber, healthy fats, and protein to give you the nutrients you need while also fighting off hunger between meals.
- Snacks do not have to be elaborate. An apple with string cheese, peanut butter crackers, nuts with fruit, veggies with hummus, low-fat yogurt with fruit, air-popped popcorn, trail mix, and whole-grain cereals like Cheerios make quick, healthy snacks.