

WARRIOR - WORTHY SNACKING



Snacks **CAN** and **SHOULD** be part of your healthy diet. You just have to choose your snacks wisely. It helps to think of your snacks as small meals; the same good nutrition that you should be eating in your meals should also be what your snacks are made of!

SNACKS SHOULD BE 100-200 CALORIES. BUT IF YOU'LL BE WORKING OUT OR COMPETING BEFORE—OR AFTER—YOUR NEXT MEAL, IT CAN BE UP TO 300 CALORIES.

We should eat about 5 cups of fruits and vegetables a day—How much are you eating?

Snacks are a great time to have your fruits and vegetables! For that full feeling, eat them with:

Peanut butter
Yogurt
Cheese
Hummus
Lowfat dips
Lowfat cottage cheese

Some of the most convenient are:

FRUITS:

Apples, bananas, oranges, pears, kiwi, grapes, berries, dried fruits, 100% fruit juice, canned fruit in water or light syrup, such as pineapple or mandarin oranges.

VEGETABLES:

Baby carrots, celery, cherry tomatoes, snap peas, cauliflower radishes, cucumbers, bell pepper strips.

The options for snacks are limitless, but here are some travel-friendly options:

- 1 piece of string cheese and 6 whole-grain crackers
- 6-8 oz. nonfat yogurt mixed with fresh fruit and ¼ cup granola
- Whole-wheat pita wedges with 2T hummus
- 1 oz corn chips (10-13 chips) with 2T salsa or 1T guacamole
- Half of a bagel topped with peanut butter and banana slices
- Fat-free pudding cup
- Tortilla roll filled with peanut butter and fruit, such as bananas or apples
- Handful of nuts mixed alone, or with a few chocolate chips and dried fruit (This is a great item to make in advance, using all of your personal favorites!)
- 1 cup low-fat milk and 2-3 gingersnap cookies
- 1 oz pretzels and vegetables dipped in 2T low-fat ranch dressing
- 1 sheet of Graham crackers
- Low-fat cottage cheese topped with diced pepper and tomato or fruit
- Snack sandwich: Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard
- Snack wrap: Fat-free tortilla filled with turkey, cheese, and vegetables
- Celery with peanut butter and raisins for a classic; “Ants on a Log!”

MOST PEOPLE FEEL BETTER IF THEY EAT SOMETHING EVERY FOUR HOURS, SO IF YOU HAVE SEVERAL HOURS BETWEEN MEALS, THAT'S A PERFECT TIME TO HAVE A SNACK. ALSO, WHEN YOUR SNACKS HAVE FIBER OR PROTEIN, THEY WILL HELP KEEP YOU FULL UNTIL YOUR NEXT MEAL.

Planning your snack ahead of time will make you less desperate when you are **STARVING**, and less likely to grab something unhealthy just because it's there.