

Healthy Snacking

You don't have to give up snacking to maintain your weight or lose weight. The trick is to choose the healthy snacks that would still satisfy you. Especially if you are expending energy at work or in the gym, your body may need a snack.

So you had lunch two hours ago and won't have dinner for another two hours. You are getting hungry and want a snack. Luckily, you brought along a sandwich bag full of pretzels!!!

Healthy Snacks Include:

- unsalted pretzels
- air popped popcorn
- yogurt
- fresh fruit
- raisins
- flavored rice cakes
- low fat granola bars (read the label first)
- carrot sticks
- celery sticks
- (These may be dipped into dip made with fat-free yogurt.)
- baked tortilla chips and salsa
- hummus with carrot sticks or crackers
- diluted juice during exercise



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