

Healthy Snacks

Many nutritionists believe that we should eat smaller meals every three to four hours, instead of three large meals per day. This can help your body's blood sugar levels stay stable. Providing a steady supply of glucose to your brain helps keep you from having mood swings and getting cranky. It also helps to reduce the chances of binging on those sweet or salty snacks we all love.

Here's the good news: the best way to maintain a normal weight, and be smarter and stronger, is to stop depriving yourself. Eat a healthy snack between meals, and enjoy it! Snacking between meals ensures that your body will not run out of fuel, and common sense tells you that it's hard to make wise choices at dinnertime if your stomach is growling.

The best snacks include complex carbohydrates, and complete protein, and yes, even a little bit of fat...as long as it is a good fat, like nuts or avocado.

The following snacks will help fill you up and keep you going until your next meal. Many can be pre-packaged the night before:

- Apple slices spread with peanut butter and sprinkled with raisins.
- Banana sliced in half and spread lightly with peanut butter.
- Bean burrito.
- Leftover grilled chicken and guacamole with whole-grain crackers.
- A hard boiled egg with some cut up veggies and low fat dressing for veggie dipping.
- Edamame (steamed Japanese soybeans).
- Hummus on a whole-wheat pita.
- Greek yogurt with a tablespoon of chopped walnuts and fruit.
- Peanut butter and banana sandwich on whole-grain bread.
- Popcorn without butter (you can even sprinkle with Parmesan cheese).
- Red grapes and string cheese.
- Rice cakes spread lightly peanut butter.
- Slice of cheese or veggie pizza.
- Small whole grain bagel with cream cheese.
- String cheese and whole-grain crackers.
- Trail mix (one serving).
- Tuna sandwich on whole-grain bread.
- Turkey and cheese sandwich on whole grain bread with lettuce and tomato.
- Vegetable soup with whole-grain crackers.
- Whole-grain cereal with low-fat milk.