

SNACKING IDEAS

Snacking doesn't have to be an unhealthy habit. It's not unusual to get hungry between meals—particularly if you have a long stretch in between. Combat hunger by planning ahead to make sure you have some healthy foods available, and ideally, you should combine some protein with a little carbohydrate to fill you up and keep you going. A protein-enriched drink, a piece of fruit, or a small pot of yogurt with a few low-fat crackers should do the trick.

HERE ARE SOME SNACK IDEAS—THAT WON'T BLOW YOUR PLAN:

- Low fat latte made with semi-skimmed milk or soy milk
- Mini pita bread with a quarter of an avocado
- Two rice cakes with one wedge light cheese
- One 100-calorie pudding
- ½ cup low fat cottage cheese with ½ cup blueberries
- One individual pot of low fat yogurt with 1 tablespoon raisins
- One stick mozzarella cheese with one sesame breadstick
- ¾ cup tomato soup made with low fat milk
- Three hard-cooked egg whites mashed with a little Dijon mustard and a sliced tomato
- 15 baby carrots with 2 tablespoons low fat dressing
- 12 ounces tomato juice
- 10 soy crisps with a small peach
- 1 cup whole strawberries with 1 tablespoon chocolate syrup

*nutritional values are approximate and may vary depending what brand and products you use.