



## Grab a Healthy Snack and Go!

Dieting is a hard feat for most who try it, especially when hunger strikes mid-morning or late afternoon between meals. However, by having proportioned snack options available to grab and eat on the run, you can control your hunger and your waistline at the same time.

Here are some great snack options that are all roughly 100 calories:

- **Yogurt.** Many popular brands come in snack sizes that are 80 to 110 calories per serving. This healthy snack is full of protein, which helps you stay fuller longer. It is also packed with calcium and comes in many sweet tooth-satisfying flavors.
- **Popcorn.** This snack is available in 100-calorie individual servings, and will provide you a bountiful amount of whole grains.
- **Microwave Soup.** There are so many varieties of canned soup that are only 100 calories per serving and will provide a full serving of vegetables. Make sure to select the low sodium variety.
- **Applesauce.** Opting for a single serving of this sweet treat provides a full serving of fruit at roughly only 50 to 100 calories.
- **100-Calorie Pack Snacks.** In the mood for cookies, chips or crackers? Many popular brands now offer their products in individual 100-calorie serving sizes. This way, you won't eat too much of your favorites, but will still satisfy your cravings.
- **Yogurt Smoothies.** This drinkable snack satisfies a need for something sweet and provides your body with calcium and protein.
- **Popsicles.** Though these snacks do not offer any nutritional value, they come in a variety of flavors and may deter you from overindulging with treats that are higher in calories and fat.
- **String Cheese.** Opt for an individually wrapped piece of string cheese to get your fill of protein and calcium at less than 100 calories per serving.
- **Fruits and Veggies.** Nothing beats an apple, banana or cup of carrots. Fruits and vegetables offer a multitude of nutritional benefits and lots of fiber to keep you fuller longer.

To avoid eating a snack that will wreak havoc on your diet, keep these healthy options stock piled in your desk at work and pantry at home.

They make wise "snack sense" and will satisfy you at any time of the day!

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