



Spring Into Health With Nutrition

Smart Snacking Tips:

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Find the right snack for your eating style and activity level. Keeping snacks to 200-300 calories or less can be a reasonable goal for most people.

Make snacking a smart habit by:

- Snacking only when you're hungry. Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- Having snacks planned and portioned out ahead of time. Fixing snacks in advance, like washed and cut up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- Practicing food safety. Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Ways to make your own convenient and ready-to-eat snacks at home:

- Make your own trail mix by combining whole grain cereals, unsalted nuts or seeds and dried fruit. (Tip: portion into ¼ cup servings)
- Blend your own smoothie by adding 1 cup fat free milk and frozen fruit to a blender.
- Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- Bake vegetable chips, like kale or beets.
- Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables.
- Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, ½ cup diced fresh veggies, and 1 ounce low-fat mozzarella cheese.

<https://www.eatright.org/>

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