

Healthy Snacking

Snacking can add many calories and translate into weight gain if you are not careful. If you need something between your meals, make sure you are considering those calories in your overall goal. Ideally a snack should have less than 200 calories.

- ◆ **Nuts** (almonds, cashews, walnuts, pecans, pistachios, peanuts)
1 oz. approx. 160-180 calories depending on the type of nut.
- ◆ **Red Bell Peppers and Guacamole**
2 oz. of guacamole and 1 red bell pepper 150 calories approx. depending on the brand of guacamole.
- ◆ **Apples and Peanut Butter**
1 Tbsp. of peanut butter and 1 medium apple—approx. 160 calories.
- ◆ **Plain Greek Yogurt and Berries**
4 to 6 oz. of plain Greek yogurt and 1/2 cup of berries approx. 160 calories.
- ◆ **Celery Sticks and Tzatzki**
3 oz. of Tzatziki and 4 medium stalks of celery approx. 120 calories.
- ◆ **Cucumber Sticks and Hummus**
2 Tbsp. of Hummus and 1/2 cucumber approx. 130 calories.
- ◆ **Hard Boiled Eggs**
2 hard boiled eggs approx. 130 calories.
- ◆ **Caprese Skewer** (Mozzarella cheese with cherry tomatoes)
2 oz. of mozzarella cheese and 5 cherry tomatoes drizzled with balsamic vinegar approximately 180 calories.
- ◆ **Edamame**
1/2 cup beans only approx. 120 calories
- ◆ **Low Fat Cottage Cheese and Fruit Jam**
4 oz. low fat cottage cheese and 1 Tbsp. of fruit jam approx. 110 calories.
- ◆ **Multigrain crackers and tuna fish**
4 multigrain crackers & 2 oz. of tuna packed in water approx. 180 calories.
- ◆ **Fruit (One Piece)**
60—120 calories depending on the type of fruit.
- ◆ **Turkey and Cheese Roll Ups**
3 slices of turkey and 1 oz. of cheese approx. 150 calories
- ◆ **Baby Carrots and Ranch Dressing**
10 baby carrots and 2 Tbsp. of low fat ranch dressing approx. 110 calories.