



## Snacking Tips & Ideas

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When snack hunger strikes it is best to have items prepared ahead of time, so you can grab and go. Research has shown that the more time you spend standing at the pantry or refrigerator the more calories you consume. The trick here is to plan and be prepared.

1. Make a list the healthy foods to keep stocked in the house for quick and healthy snack preparation. These will become automatic items for your grocery list.
2. When grocery shopping purchase for a weeks worth of health snacking.
3. Pre pack your snacks in sandwich bags or small-sized plastic containers. This will help with portion control.
4. Make them easily accessible, no searching around the pantry or refrigerator.

Here are a few ideas:

- Low-fat cheese cubes or cheese sticks
- Hardboiled eggs
- Deviled eggs
- Fruit cup
- Nuts or nut mix (stick to just a handful)
- Mini carrots, cucumber slices, or vegetables. Add a packet of low fat salad dressing. These packets can be found on salads bars or you can make your own.
- Yogurt
- Cold chicken, or turkey slices
- Healthy fiber-rich or grain cereal
- Pickles
- Box of raisins or other dried fruit
- Any fruit: grapes, apples, bananas, strawberries, peaches. They are naturally portable.
- Mixed berries (these freeze well in plastic bags)
- Whole-wheat crackers and low-fat string cheese
- Tuna and cottage cheese in pre packed mini-containers

Plan ahead. Spending a few minutes planning can save you money and keep you from consuming too many calories.

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