

Smart Snacking

Sometimes the munchies set in and we get cravings for certain snacks. Reaching for something to satisfy the urge isn't bad as long as it is done smartly. Here are some healthy suggestions for when you are craving something...

<i>Crunchy</i>	<ul style="list-style-type: none"> • Apples and whole-grain breadsticks • Carrot and celery sticks • Green pepper sticks • Zucchini circles • Radishes • Broccoli spears • Cauliflower • Unsalted rice cakes
<i>Thirst-Quenching</i>	<ul style="list-style-type: none"> • Fat-free milk • Unsweetened, 100 % juices • Low-sodium tomato or mixed vegetable juice • Water
<i>Hot</i>	<ul style="list-style-type: none"> • Clear soups, such as homemade or low-sodium canned vegetable or tomato soup • Cocoa made with nonfat milk
<i>Munchy</i>	<ul style="list-style-type: none"> • Unsalted, un oiled sunflower seeds • Whole-grain breads or toast • Cherry or grape tomatoes • Low-fat or fat-free cheese • Plain, low-fat, or fat-free yogurt • Bagels • Unsalted, un oiled almonds, walnuts, or other nuts
<i>Sweet</i>	<ul style="list-style-type: none"> • Unsweetened canned fruit • Thin slice of angel food cake • Baked apple • Raisins • Frozen bananas • Frozen grapes • Fresh or frozen fruit • Low-fat or fat-free unsweetened fruit yogurt