

SNACKS

Your goal is to eat three meals a day with no snacking. Snacking is a **known** cause for failure to lose weight. For those individuals that must have a snack, remember to portion out your snack just as you would a meal.

It is preferable for you to eat a small snack to take the edge off your hunger than to go for a long period of time and arrive at your next meal **ravenous**. If too hungry, you may tend to take too big of a bite, not chew well enough, or eat too quickly. Some suggestions for healthy snacks include:

NUTS (Plain, not salted or smoked)

Best Choice

- Pistachios (20)
- Almonds (14)

Second Choice

- Pecans (8-9)
- Walnuts (8-9)
- Sunflower seeds (1-2 Tablespoons)
- Pumpkin seeds (1-2 Tablespoons)
- Cashews (8-9)

FRUITS: (Eat 1/2 piece of fruit paired with a protein)

- Apples/Bananas
- Grapes
- Nectarines/Peaches
- Oranges/Clementines
- Pears
- Blackberries/Blueberries/Raspberries

VEGETABLES: (Pair with a protein)

- Mushrooms
- Cauliflower/Baby carrots
- Broccoli crowns
- Peppers (red, yellow, green)
- Edamame

OTHERS:

- Protein Drink: EAS Advantage, Premier Protein, Muscle Milk Light
- Protein Bar: High protein, Low sugar (ie. Quest Bar)
- Tuna/Turkey/Chicken (Packed in water)
- Bean Dip or Hummus (2 Tablespoons)
- Deli style lunch meats: Eat small pieces (consider wrapping in lettuce)
- Low fat cheeses: Laughing cow, Baby Bell, String cheese, Cottage cheese
- Yogurt: Greek, fat-free, and low sugar
- Hard-boiled egg
- Peanut Butter: PB2 (powdered peanut butter; 2 Tablespoons)
- Sugar-free Gum

****Drink WATER (preferably) or other low calorie/sugar free/non-carbonated beverages****

****REMEMBER: Sometimes when you think you are hungry, it is really just thirst****