

Snacking for Weight Loss and Disease Prevention/Management

Remember when snacking between meals was believed to be detrimental to weight loss? Thankfully, we now know that eating small meals, snacking on protein and carbohydrate combined between meals, and not allowing more than four hours pass without eating can help you lose weight, manage your blood sugars, prevent/manage disease and feel your absolute best!

Below is a list of Snack Ideas containing both protein and carbohydrate:

- Low-fat Mozzarella string cheese and an apple (or any other fruit)
- Whole Grain Bread with 2 tsp of natural Almond or Peanut Butter
- Pita Chips and hummus (2 Tbsp)
- Piece of fruit and a serving (1 Tbsp) of nuts (any nuts—just watch the portions)
- Nut butter (soy nut, cashew, peanut butter) and whole wheat, unsalted pretzels
- Low-fat cheese on whole grain crackers (6)
- High-fiber cereal with 1% or skim milk
- Hummus (chickpea dip) in a small whole wheat pita
- Sushi roll (3)- preferably brown rice
- Baked tofu on salad greens
- Instant oatmeal (Quaker Weight Control)
- Black bean dip with low-fat tortilla chips
- High fiber toaster waffle (i.e. Kashi Go Lean) with berries
- Sliced turkey (nitrate/nitrite free) on whole wheat bread

- Tuna fish with diced tomatoes and cucumbers
- Hummus and vegetables
- Cottage cheese (non-fat, 1% or 2%) and fruit
- South Beach High Protein 140 calorie bar
- Fiber One Bar
- Jen Bars: www.jenbars.com

Rule of thumb: Make sure to eat every 2-4 hours, protein & carbohydrate combined