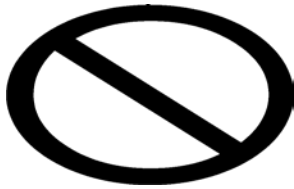


### Healthy Snacking

Keeping weight off is difficult if you go long hours without eating. Most studies suggest eating a small meal or snack every 2-4 hours to stop cravings and overeating. Remember to pick healthy options when snacking:



- Avoid desserts and junk foods high in calories, fats, and sugar. These will not fill you up and will add unnecessary calories to your diet.
- Avoid thin liquids that are high in calories, such as chocolate milk or juices. Stick to thicker drinks to trick your brain into feeling as if you have eaten more. Try fresh fruit smoothies or a thick V-8 vegetable juice. If you would like a thin liquid as a snack, drink flavored tea with a sugar substitute. Many teas, like green and white teas, also contain antioxidants. Antioxidants help fight off and prevent some diseases.
- Foods full of air make your stomach feel fuller. Look for low-calorie options like light air popped popcorn.
- Choose foods that make your body feel full and are high in fiber and protein rather than calories and fats, such as;
  - Whole Grains
  - Fruits and Vegetables
  - Low-Fat Dairy
  - Lean Meats
  - Nuts/Seeds

