Healthy Snacking

Snacks can be an important part of a healthy diet. Eating a nutritious snack can help decrease your hunger, help you manage your weight, and increase your energy. By eating a small snack in between meals you can keep your blood sugar levels consistent and prevent excess hunger, which may lead to overeating. Keep these tips in mind in order to ensure healthy snacking!

1. Keep your snacks to 200 calories or less. Snacking is a great way to keep hunger at bay, as long as you don't go overboard. In order to keep your snacking healthy, it needs to be 200 calories or less. Otherwise you are putting yourself at risk for eating too many calories which could lead to weight gain. [link to list of snacks]

2. Plate your snacks. When you eat foods straight out of the bag, whether its chips, candy, or fruit, you may end up eating more without even knowing it. Avoid this by putting a small portion on your plate, sealing up and putting away the bag, and then sitting down to enjoy your snack.

3. Plan your meals and snacks. Planning your snack and meal times will help you to avoid eating out of hunger, stress, or boredom. Write it down in a daily food journal to keep you accountable. If you find yourself bored or stressed, take a walk instead of grabbing that donut!

4. Plan ahead for smart snacking. Keep a variety of healthy and yummy ready-to-eat snacks on hand at home, work, or in your car. This will help you to avoid "impulse" snacking from vending machines, fast food restaurants, or convenience stores.

Try these 20 health snacks under 200 calories

WELLNESS CHANGES EVERYTHING