**REC TIP OF THE WEEK- March 18, 2013**

**What is a healthy snack?**

A snack is a small amount of nutritious food. Aim for 50-200 calories, more than that and you are getting closer to a meal. If there is no nutritional value, it is a treat, not a snack. Snacks should provide some protein, fiber, nutrients, and possibly a small amount of fat. Vending machine products are generally not good snacks. Try to carry small snacks with you, even if it means packing a cooler.

**Snack Ideas:**

- A boiled egg
- Banana and peanut butter
- Pear with cheese
- Apple with almonds
- Pretzels with cheese
- 1 slice lunchmeat rolled with 1 slice cheese
- Carrots and hummus
- Snap peas and ranch dressing for dipping
- Celery with peanut butter
- Cucumbers slices with ham
- Dried fruit with nuts
- Yogurt with granola
- Low fat or skim chocolate milk
- Half bagel with cream cheese and tomato slices
- Air popped popcorn with butter, parmesan cheese and chili powder
- A small whole wheat tortilla with strawberry cream cheese and sliced strawberries
- A smoothie of fruit and yogurt
- A few pistachios or sunflower seeds
- Broth based vegetable soup

Portion size is KEY with snacks. You are only tiding yourself over until the next meal. If you are left with no choice other than a vending machine, make the smartest choice possible and pay attention to how much you eat. It is generally better to eat a small amount of something rather than let yourself become ravenous and make really poor choices due to overwhelming hunger.

**TIP:** Take an hour or so on the weekend to make pre-packaged snacks for yourself to keep in the car, your purse, or desk at work.