Is there a time of day when you tend to get ravenous between meals and are often stuck without healthy options? Does this lead you to reach for junk food, which you then overeat? If so, you are not alone. Everyday, we are surrounded with tempting, high calorie food choices that can make us gain weight. We are especially vulnerable to these temptations when we are hungry, tired, or stressed.

Snacks are not a replacement for balanced meals, but learning how to snack smart will keep you energized, manage your cravings, and help you lose weight. The trick is to combine protein with fiber and a little healthy fat in every snack to keep your feeling full and satisfied.

Remember to:
1. Prepare snacks the night before or in the morning to take with you the next day.
2. Keep snacks handy in the car, at work, in your bag, and at home.
3. Pack single servings in individual snack bags for portion control.

Here are some healthy snack combos to get you started.

**SAVORY SNACKS**
- Lettuce roll-ups with low-sodium turkey and Swiss cheese
- Hummus-Greek yogurt dip with celery sticks or red bell pepper slices
- Part-skim mozzarella string cheese and cherry tomatoes
- Low fat tuna/salmon/chicken salad wrapped in a lettuce leaf
- Tuna and ¼ of an avocado
- 2 Hard boiled eggs
- Edamame

**SWEET AND CREAMY SNACKS**
- Plain yogurt with cinnamon, vanilla extract, and berries
- Cottage cheese with watermelon or cantaloupe (limit melons to 1 cup cubed)
- ½ cup steel-cut oatmeal with chia seeds and cinnamon
- Apple with 1 tbsp natural almond butter
- Low carb protein-fiber shake
- Chia seed pudding

**SALTY AND CRUNCHY SNACKS**
- Low fat, low sodium popcorn with Parmesan cheese (limit portion size to 3-5 cups)
- Sliced cucumber (optional: pinch of sea salt and/or black pepper to taste)
- Celery with 1 tbsp natural peanut butter
- Rice cake with 1 tbsp almond butter
- Spiced kale chips

**ON THE GO SNACKS**
- Low-sugar fruit - a cup of berries, an apple, a peach, a plum, an orange, etc. (limit fruit to <15-20g of net carbs per serving)
- Pre-washed and cut veggies - carrots, celery, cucumber, broccoli, cherry tomatoes, etc.
- Snackable cheese (e.g. 1-2 ounces of string, small cheese wheels, etc.)
- Low fat (air popped), low sodium popcorn (limit portion size to 3-5 cups)
- Unsalted roasted seeds - such as pumpkin or sunflower (limit to 1 ounce)
- Unsalted almonds, walnuts, or pistachios (limit to 1 ounce)
- Cocoa roasted almonds