



## Week 3-July 5-11 July 8 Nutrition Challenge Follow-Up

Remember that thinking ahead and being prepared will not only help with healthy meal planning, but healthy snacks too. As you food journal, you may notice that you eat differently on the weekends than you do during the week. Is it because of boredom? Do you eat out more often on weekends? When do you go grocery shopping? When you come home are you washing your fruits and vegetables so they are ready to go when you need a quick snack? Here are some hints to help you with your next snack attack, and some hints to prevent eating out of boredom. Have a great weekend!

In good health, Sandy Kurby MPH, RD, LDN

### **Be Prepared for Your Next Snack Attack!**

#### **Something Crunchy**

- Apples
- Broccoli spears
- Carrot sticks
- Pepper Sticks
- Grapes
- Pears
- High fiber cereal
- Unsalted Rice cakes

#### **Something Hot**

- Pita Pizza
- Clear or broth based soups
- Cocoa with skim milk

#### **Something sweet**

- Puddings made with skim milk
- Fresh fruit
- Graham cracker low fat or fat free
- Fat free Popsicle or ice cream

#### **Just Munchin'**

- Salsa instead of dip
- Low fat yogurt
- Whole grain breads
- Peanut butter on crackers or whole wheat bread

#### **Instead of Snacking, Try**

- Drinking a glass of ice water, tea, or other calorie free beverage
- Brush your teeth
- Go for a walking break 15-30 minutes will leave you feeling refreshed and energized
- Do something with your hands

#### **And Remember**

- Even if you are cutting fat, calories still count
- Put your snacks in a dish, don't eat out of the bag
- Know the difference between hunger and boredom
- Keep snacks small, they are snacks, not meals