

Snacks are a great way to give your body the energy that it needs between meals. A low calorie snack can actually help you prevent overeating at meals. When planning your snacks:

- > Don't fall into the trap of thinking only "inside the box" and buying packaged, processed foods. You can make your own snacks that are easy to take with you and delicious!
- > When choosing a snack, try to include at least one food group. To maximize your snack try to choose different groups of foods such as protein, fruits, vegetables, or complex carbohydrates. If you have trouble feeling hungry right after eating, make sure you include a protein source with your snack.
- > If you are trying to lose or maintain weight, you will want to keep your snacks to less than 200 calories, but if you need to gain weight, you can make your snacks more like a "mini meal".

### **Here are a couple of low calorie snack ideas:**

- ½ cup Carrots, ½ cup sugar snap peas, and 8 cherry tomatoes with 2 tablespoons of low-fat ranch
- 1 cup sliced celery with 2 tablespoons of creamy peanut butter
- 6 whole wheat crackers with 6 cheese cubes
- Trail mix: ¼ cup unsalted peanuts, whole grain cereal, and 1/8 cup raisins
- Medium banana or apple with 1 tablespoon of peanut butter
- Choose 3 cups Air-Popped or Light butter popcorn with apple slices
- Whole wheat crackers and 2 tablespoons hummus
- Raw veggies such as carrots and cucumbers and 2 tablespoons of hummus.
- Mix 1 cup watermelon, ½ cup pineapple, 1 cup cantaloupe
- 6 cheese cubes and 1 cup of grapes
- Small non-fat yogurt mixed with ¼ cup blueberries and ½ cup strawberries
- 1 cup low-fat cottage cheese and ½ cup raw peaches
- Low fat string cheese stick with a small piece of fruit such as an orange
- Make snack kabobs. Put cubes of low-fat cheese & grapes on pretzel sticks

Contact PearlPoint Cancer Support today by phone or email:  
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