

CU SPORTS MEDICINE
Healthy Snacking

Hungry? Have a snack! One great way to get in all the nutrients you need and actually help with weight goals is to SNACK.

- **Bridge the hunger gap!**
Anticipate your daily hunger and eating patterns and PLAN on snacking. Are you hungry every day in the afternoon? Can't wait to get home to eat dinner? EAT a snack in the office. Then you'll be sure to make it through to dinner (or post work exercise).
- **Keep snack foods available.**
Plant some snacks in your desk, in your kitchen, and carry some with you if you are traveling or at meetings all day. Think about which snacks you can get at convenient locations on your way to and from the office.
- **Mini-meals are always best.**
Try eating leftovers, a half sandwich, etc. for your meal. Cake, cookies, chocolate, ice cream... are all fine if only eaten from time to time.



SNACK ATTACK!
SUGGESTIONS



Desk/Briefcase

- Frosted mini-wheats (small box)
- Low-fat muffins (Health Valley™ in supermarket or Muffin-A-Day™ in freezer section)
- Crackers & string cheese
- Raisins: individual packet
- Banana, apple, or other fruit
- Applesauce snack packs
- Yogurt
- Pretzels
- Fat-free pudding snack pack
- Baby carrots
- Snack pack fruit pineapple
- Animal crackers or fig bars
- Bagels or rice cakes
- Low-fat granola bar

Kitchen

- Lowfat muffin & milk
- Sweet or baked potato
- Frozen pudding pops
- Pita or mini carrots with hummus
- Pre-cut veggies from market with salsa
- Yogurt & banana (or other fruit)
- Frozen mini-bagel pizza
- Frozen fruit bars
- Tabouli (prepackaged)
- Milk or fruit shake
- Cereal and milk
- Soup and crackers
- Fresh fruit
- Peanut butter with crackers
- English muffin with cheese
- Amy's burritos™ (frozen)

Quick Stop

- Low-fat muffin & milk
- Baked chips (tortilla or potato)
- Yogurt
- Cracker Jacks™
- Dried fruit/nut pack
- Milkshake (small, lowfat)
- Soft taco (Taco Bell™)
- Wheat bread
- Salad
- Graham crackers & milk
- Frozen yogurt
- Pizza slice
- Fruit
- Pretzels

Got a Craving?

Sometimes we are just in the mood for something crunchy, sweet, salty, or creamy....check the following suggestions for some alternative choices than high fat and calorie junk food. Although most portions are not indicated, portion size does matter when it comes to snack foods.

Crunchy

- Cheerios™ or other crunchy cereal (Wheat Chex™, Corn Chex™, etc.)
- Graham crackers or animal crackers (have with a glass of low-fat milk)
- Baked chips: potato or tortilla (try with bean dip)
- Hot air popcorn
- Jicama
- Just Veggies™ offers a great variety
- Low-fat granola bars
- Baby carrots
- Celery (try with salsa)
- Dried vegetables (corn, peas mixed)

Sweet

- Raw pineapple or pear
- Strawberries with chocolate syrup
- 2 Fig Newtons™ (apple. strawberry too!)
- Dried cranberries
- Apple with honey
- Caramel rice cakes
- Frozen grapes
- Prunes (Sunsweet™ has delicious lemon or orange scented ones!)
- 15 jellybeans
- 2 small cookies or 5 vanilla wafers
- Frosted mini-wheats
- Raw red or yellow pepper
- Lite hot chocolate

Salty

- Pickle
- Baked potato or tortilla chips with salsa
- Saltines™
- Salted mini-pretzels
- Sliced cucumber salted
- Fresh tomatoes with crumbled low fat feta cheese
- Sundried tomatoes

Creamy

- Low-fat milkshake
- Frozen banana
- Sorbet bar, pudding pop or fudgsicle
- Pudding snack pack (chocolate, vanilla, rice, tapioca)
- Low-fat yogurt
- 1 Tablespoon peanut butter
- Apple sauce
- Tomato soup
- Chocolate milk (1% milk)
- Mashed sweet potato

Other Snacks: Mini-Meals

- Soup (1 cup of any legume soup such as lentils, black beans, peas, minestrone)
- Soup (Nile Spice™, Fantastic™, and Health Valley™ all have wonderful instant soups in a cup)
- Cereal and milk
- 1 large cup milk with just about anything
- Apricots and almonds
- Cheese stick with an apple or a slice of whole grain bread (or a few crackers)
- Yogurt and lowfat granola or another crunchy cereal
- 1/2 sandwich: turkey, peanut butter, etc.
- 1/2 cup pasta salad
- Yogurt and fruit
- Pita with hummus
- Large baked pretzel
- Pita with vegetables
- Baked potato or sweet potato with lowfat cottage cheese