



Red Apple Concepts
www.redappleconcepts.com

Healthy Snacking

You don't have to give up snacking to maintain your weight or lose weight. The trick is to choose the healthy snacks that would still satisfy you. Especially if you are expending energy at work or in the gym, your body may need a snack.

So you had lunch two hours ago and won't have dinner for another two hours. You are getting hungry and want a snack. Luckily, you brought a sandwich bag full of pretzels!!!

Healthy Snacks Include:

unsalted pretzels

air popped or light microwave popcorn

yogurt

fresh fruit

raisins

flavored rice cakes

low fat granola bars (read the label first)

carrot sticks

celery sticks

(These may be dipped into dip made with fat-free yogurt.)

baked tortilla chips and salsa

sports drinks or diluted juice during exercise

