

# Snack Smart

Let's face it, we've all experienced a snack attack! Choosing healthier snacks can be a challenge, especially away from home. But with a little planning, you can stay healthy and energized between meals.

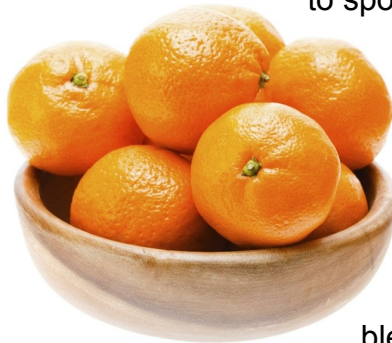
**Do the prep work in advance.** Make snacking on veggies a snap by cutting them up and keeping them handy in the fridge. Try bell peppers, zucchini, celery or carrots.

**Try dried fruit.** Carry dried fruit, such as raisins, dates or dried apricots, with you. They'll curb your sweet tooth and give you a quick burst of energy when you need it. Look for unsweetened fruit with no added sugars.

**Stock your office with fruit.** Stash a bag of apples, oranges or other easy-to-grab fruit in your office fridge at the beginning of the week. You can grab something healthy and quick when late-afternoon munchies strike.

**Pick ready-to-eat produce.** Look for fruits and veggies that are ready to eat without any prep work. Try cherry tomatoes, grapes, baby carrots, berries and sugar snap peas. They just need a quick rinse before eating.

**Make your own healthy snack mix** with unsweetened dried fruit, nuts, seeds, dried peas and whole-grain cereal (not sugared or frosted).



**Go nuts.** For a savory snack that hits the spot, grab a handful of unsalted or very lightly salted raw or roasted nuts. Almonds, hazelnuts, peanuts, pecans, pistachios and walnuts are all good choices.

**Make it easy to grab and go.** After you buy groceries, prepare a week's worth of veggie sticks or cut up a melon in bite-size chunks. Put them in clear containers so they're easy to spot in the fridge when you or your kids are looking for a snack.

**Make frozen fruit treats.** Freeze 100 percent fruit juice in an ice tray or popsicle mold.

**Drink your snack.** Make your own nutrition-packed smoothies by blending together frozen fruits and vegetables, non-fat (skim) or low-fat milk or yogurt, and 100 percent fruit juice.

**Think fiber.** Fiber-rich foods like fruits, vegetables and many whole grains help you feel full and sustain energy between meals.

**Skip the chips.** Choose crunchy raw fruits and vegetables over chips and other fried snacks. Sliced cucumbers, carrots, peppers, apples and pears are great for dipping into hummus, peanut butter or plain yogurt.

