Health Tip of the Month

Snacking for Adults

Consuming calories every 3 hours keeps you going, controls your appetite, and fuels your brain. Research shows that eating small amounts of food throughout the day may result in weight loss.

Choose healthy snacks with 200-300 calories that provide a combination of proteins, fats, and carbohydrates so you are well nourished between meals.

200–300 Calorie Scrumptious Snacks

- 1 apple with 2 Tbsp peanut butter
- 15 baked tortilla chips dipped in salsa or black bean dip
- 1 container nonfat yogurt with a banana and some almonds
- 3 lettuce leafs filled with beans and chopped veggies
- 15 baby carrots with 4 Tbsp low fat Ranch dressing
- 1 single serving light popcorn bag mixed with 1 cup raisins
- 15 whole grain crackers with 2 oz low fat cheese

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Worksite Wellness Initiative: brought to you by Lauren Thomas, Dietetic Intern
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