



R.E.A.L. GoalSM: Healthy Snacking (Realistic, Easy, Attainable, Life Goals)

Example: I will choose to eat only healthy snacks 5 days a week.

The benefits:

Healthy snacking can improve your overall health, curb cravings, assist with weight management, regulate your mood and give you the energy to keep you going throughout the day.

Quick tips:

- Consider the size - A snack should not be the same size as a main meal. Snacks should take the edge of your hunger and provide a boost of energy.
- The ideal snack, which will keep you full for the longest, are those which are high in both fiber and protein.
- When you're picking healthy snacks, follow the four-for-four rule to crush cravings: Aim for a minimum of 4 grams each of protein and fiber per snack (as in one apple and a small piece of cheese)
- Tune into your cues – Boredom or stress eating is something we all do and can also lead to late night snacking. Identify your triggers to determine if a nutritious snack or something else is needed.
 - Ask yourself whether you're truly hungry or not.
 - Many times, when we think we're hungry, we're actually dehydrated and searching for a hydration source (tricking us into thinking we want food that has water in it.) Try drinking a glass of water and reevaluate your hunger.
 - Try distracting yourself with a new hobby, reading book or taking a walk.
 - Practice mindfulness



Examples of Healthy Snacks:

- Choose snacks that have a crunch:
 - Apples
 - Carrots
 - Bell Pepper Slices
 - Roasted Chickpeas
 - Nuts or seeds
- Snacks that curb your sweet tooth:
 - Canned fruit (in natural juice & no sugar added)
 - Baked or dried fruit
 - Raisins, dates or figs
 - Frozen banana or grapes
 - Trail mixes
- Choose snacks that satisfy:
 - Cherry tomatoes with hummus
 - Plain Greek yogurt with fruit and/or nuts (but watch portion size)
 - Fruit and veggie smoothie
 - Whole grain toast with nut butter
 - Low-fat string cheese with a small bunch of grapes
- **2 oz. sliced deli turkey + 8 green apple wedges**
 - 152 Cal., 1g fat, 5g fiber, 10g protein, 27g carbs
- **1 hardboiled egg + 1 high-fiber crispbread**
 - 113 Cal., 6g fat, 2g fiber, 7g protein, 8g carbs
- **5 celery sticks, each filled with 1 tsp. almond butter**
 - 171 Cal., 16g fat, 1g fiber, 4g protein, 6g carbs
- **6 oz. of plain Greek yogurt with ½ cup berries and a drizzle of honey**
 - 172 Cal., 4g fat, 2g fiber, 18g protein, 22g carbs
- **Check out these websites to learn more:**
 - Heart.org - Healthy Snacking
 - EatingWell – 10 ways to snack smarter
 - Real Simple - Our Game-Changing Guide to Healthy Snacking
 - Health Harvard Publishing - Revamp your snacking habits

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)