

R.E.A.L. GoalSM: Healthy Snacking

(Realistic, Easy, Attainable, Life Goals)

Example: I will choose to eat healthy snacks five 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 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 off your hunger and provide a boost of energy.
- The ideal snack is both high in fiber and protein because it will keep you full for the longest time.
- When you're picking healthy snacks, follow the four-for-four rule to crush cravings: Aim for a minimum of four 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 a book, or taking a walk.
 - Practice mindfulness

Healthy snacking ideas

Snacks with a crunch:

- Apples
- Carrots
- Bell pepper slices
- Roasted chickpeas
- Nuts or seeds

Snacks to curb your sweet tooth:

- Baked or dried fruit
- Frozen bananas or grapes
- Canned fruit (natural juices and no added sugars)
- Raisin, dates, or figs
- Trail mix

Snacks that satisfy:

- Cherry tomatoes with hummus
- Plain Greek yogurt with fruit and or nuts (be mindful of portion size)
- Fruit and veggie smoothie
- Whole grain toast with nut butter
- Low-fat string cheese with a small bunch of grapes

Snack combos:

- Two ounces of sliced deli turkey and eight green apple wedges
 - *152 calories, 1g fat, 5g fiber, 10g protein, 27g carbohydrates*
- One hardboiled egg and one high-fiber crispbread
 - *113 calories, 6g fat, 2g fiber, 7g protein, 8g carbohydrates*
- Five celery sticks, each filled with 1 tsp. almond butter
 - *171 calories, 16g fat, 1g fiber, 4g protein, 6g carbohydrates*
- Six ounces of plain Greek yogurt with 1/2 cup berries and a drizzle of honey
 - *172 calories, 4g fat, 2g fiber, 18g protein, 22g carbohydrates*
- One cup frozen blueberries and 1/2 cup low-fat cottage cheese
 - *185 calories, 3g fat, 3.5g fiber, 17 grams protein, 25 g carbohydrates*

Check out these websites to learn more:

- Heart.org - [Healthy Snacking](#)
- EatingWell – [Ten Best Healthy Snacks, According to Dietitians](#)
- Real Simple – [The Nine Smartest, Healthiest Snacking Tips](#)
- Health Harvard Publishing - [Revamp Your Snacking Habits](#)

Explore more [Real Goals and Supplemental Resources here.](#)

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