







## Before you reach for the chips, try these healthy snacks

### Want to lose weight but can't stop the cravings for snacks?

Here's a list of healthy snacks that will satisfy any craving:

CRUNCHY 				
Apples, brown rice cakes, unsalted nuts, plain popcorn (pop in a covered pan)	Raw veggies (like carrots) and dip (hummus, tabouli, vinaigrette, dressing)	Celery and peanut butter or almond butter	Hummus with whole-grain toast or crackers or baby carrots	
SWEET 				
Fresh, whole fruit or dried fruit, yogurt and ripe fruit	Apples and almond butter, whole-grain bread with all-fruit jam	Frozen yogurt: freeze your own!	Smoothies: mix whatever you have in the kitchen (fruit, ice, almond milk, yogurt, chia seeds, etc.)	
Fruit ice cream: peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve; can be put through the screen of a juicer for a creamier consistency	Freshly squeezed juice: make your own; try various combos (limit to ½ cup)	Sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks; sprinkle with cinnamon and bake	Organic dark chocolate (limit to one ounce) or carob chips, frozen grapes	
CREAMY 				
Smoothies, yogurt, rice pudding	Avocados, dips and spreads, like hummus and baba ganoush, pureed soups	Puddings made with silken tofu, avocado or mashed banana	Mashed sweet potatoes	
SALTY 				
Olives, pickles and pickled vegetables, like carrot, daikon, beets or lotus root, tabouli, hummus, steamed vegetables with soy sauce or vinegar of choice, sardines	Tortilla chips and salsa or guacamole: try whole-grain chips like Garden of Eatin <sup>®</sup> brand and freshly made salsa or guacamole	Sauerkraut: it will also knock your salty craving right out!	Fresh lime/lemon juice as seasonings or in beverage	Edamame with sea salt