

# Savvy Snacking (P20)

## Mixed Nuts



Nuts are a great source of healthy fats, protein and fiber. It's easy to get carried away, though, so buy them pre-portioned or save some money by portioning them out yourself. Place 1/4 cup into small glass containers so they're easy to grab and go. Tip: Reuse minced garlic jars, baby food jars, jam jars, etc. for snacks like mixed nuts - they're the perfect size!

## Hard Boiled Eggs



Boil a half dozen organic eggs in the beginning of the week to have on hand when hunger strikes.

## Fresh Fruit



Fruits like apples, pears, bananas, clementines, grapes, and peaches are perfect snacks to keep on hand! But really all fresh fruits are great choices!

## Bars



The bar aisle is a tricky one to navigate at the grocery store, but if you stick to a few guidelines you'll be A-OK! Look for whole food ingredients and aim for a balance of fiber, protein, and healthy fats to curb hunger. Try to keep added sugar to a minimum - watch out for lingo like brown rice syrup, cane sugar and evaporated cane juice in the ingredients. Our favorites are Bulletproof, Larabar, Primal Kitchen, and Epic.

## Dried Fruit



Try dried mango, dried apples, or freeze-dried berries for a sweet treat. Since dried fruit doesn't have as much water (which helps fill you up) as fresh fruit, it's easy to overdo it. Keep an eye on portion size and steer clear of dried fruit with added sugar or preservatives (check the ingredients list).

## Veggies and Dip



Try celery with sunflower seed butter, carrots with hummus, or bell peppers with salsa and guacamole!

# Savvy Snacking (P20)

(continued)

## Nut Butter



Nut butter is great to spread onto fresh fruit (apples and bananas, especially) and plain rice cakes for a complete snack full of fiber, fat and protein. It's also great on its own! Companies like YumButter and Justin's make super convenient pre-portioned packs of squeezable nut butters that are perfect to keep in your purse or desk drawer for a healthy snack in a pinch. Just try not to get sucked in by some of the flavored kinds that may contain added sugar. You can also easily make your own in a food processor!

## Roasted Chickpeas



You're probably asking yourself, "Beans for a snack???" Yep! They are full of hunger-fighting fiber and protein and the best part is they come in both sweet and savory flavors to satisfy any craving. You can buy them at the store or make your own at home.

## Avocado



All you need is a knife and spoon for this one! One half of an avocado contains healthy fats to hold you over until dinner and tastes delish with a splash of hot sauce or a sprinkle of Everything Bagel seasoning on top! Tip: Eat the side without the pit first since storing avocado with the pit can help preserve it.