

Smart Snacking



NORTH CYPRESS
Internal Medicine and Wellness
Live healthy, live well.

Why is snacking good for you!?

Snacking SMART helps you to increase beneficial nutrients throughout the day. Choosing a good combination of carbs, protein and fat can support various health goals, including weight loss!

Healthy Snacks “Quick- Tip”

- Grab small nutrient rich foods/drinks with no more than 100kcal and enjoy between meals when feeling hungry.
- High Fiber Foods: vegetables and fruits
- Low fat cottage cheese (add some avocado!)
- Nuts (no salt or sugar added)
- Plain yoghurt with fruit
- Hummus with the raw vegetables
- Whole grain crackers
- Energy bites
- Green Smoothie

Benefits of Smart Snacking

- **Appetite/Portion Control!**
- **Adding fibers, vitamins, minerals! - Tons of nutrients from vegetables & fruits**
- **Boost your concentration**
- **Increased Energy**
- **Stabilizing your blood sugar**
- **Lower your cholesterol**



Snacking versus munching

- Grabbing Popcorn & Cookies while watching TV
- Enjoying a piece of fruit, yoghurt or veggies with hummus in-between meals when feeling hungry

Munching!

Smart Snacking!



www.northcypresswellness.com
info@northcypresswellness.com
(281)807-5300

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