

Healthy Snacks for Adults

Healthy snacking can be part of healthy eating

Snacks can keep your blood sugar (glucose) levels stable throughout the day. This can help to reduce your feeling of hunger between meals and stop you from eating too much at mealtimes.

Steps you can take

Limit your snacks to no more than three a day. Aim for snacks with less than 200 calories each.

Watch your portion size.

- Buy small packages of food or make small portions from larger packages.
- Eat slowly.
- Don't snack directly from a large container, bag, or box.

Limit Sugary Snacks:

- Cookies, cakes, chocolates, ice cream, chips, and deep-fried foods.
- If you can't resist these foods, try to eat only small amount.
 - For example, instead of eating two cookies, eat one cookie and some fresh fruit. Or put a small scoop (golf ball size) of ice cream in a small bowl and top it with fresh or frozen fruits.

Eat when you are upset, bored, or stressed?

- Recognize the hunger, try something else like calling a friend, going for a walk or reading.

Drink water often.

- Water has no calories.
- Water quenches your thirst and helps you feel full.

Avoid snacking while watching TV, working or playing on the computer, reading, or driving.

Less than 100 Calories

- 1 medium fresh fruit (e.g. banana, pear, apple or orange)
- 250 mL (1 cup) fresh/frozen/canned cantaloupe, berries (e.g. cherries, blueberries, strawberries, raspberries) or grapes
- 1 large stalk of celery with $\frac{1}{4}$ cup low fat cottage cheese
- 250 mL (1 cup) mixed green salad with 1 Tbsp low fat salad dressing
- 125 mL ($\frac{1}{2}$ cup) low fat yogurt
- 500 mL (2 cups) air-popped or low fat microwave popcorn
- 3 to 4 arrowroot cookies, ginger snaps, or plain graham crackers
- Low salt pretzels (30 twists or 18 grams)
- 250 mL (1 cup) of mini carrots, cut up cucumbers, zucchinis, cherry tomatoes or other raw vegetables.
- 2 Tbsp of nuts such as unsalted peanuts, almonds, hazelnuts, cashews or walnuts

100 to 200 Calories

- slice of whole grain/whole wheat bread or flat bread (e.g. Pita, Naan, or Roti) with 1 Tbsp of hummus
- $\frac{1}{2}$ whole grain or whole wheat bagel with 1 Tbsp of peanut butter or nut butter
- 250 mL (1 cup) fresh fruit low fat yogurt parfait. Layer vanilla yogurt with mandarin oranges or berries. Sprinkle with granola
- 250 mL (1 cup) fruit smoothie made with yogurt, soy or low-fat milk and a blend of your favourite fruits
- 1 English muffin with 1 Tbsp of melted low fat cheese and apple slices
- 250 mL (1 cup) of plain milk or chocolate milk (skim, 1% M.F. or 2% M.F.)
- 250 mL (1 cup) of unsweetened applesauce.
- A bag of homemade trail mix (60 mL or $\frac{1}{4}$ cup of mini shredded wheat, 2 Tbsp of dried cranberries and 2 Tbsp of almonds or chopped walnuts)
- 1 small bran muffin
- Unsalted soy nuts 60 mL ($\frac{1}{4}$ cup)
- 125 mL ($\frac{1}{2}$ cup) milk pudding

For more information visit www.fraserhealth.ca/sahi or email at SouthAsianHealth@fraserhealth.ca

This information does not replace the advice given to you by your health care provider.