Fuel Your Body

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Hunger may strike at any moment, and your next meal could be hours away! Snacking can help curb hunger cravings without compromising your healthy lifestyle. Read further for some simple ideas to help you snack while maintaining a healthy diet.

Eating a snack with enough calories to satisfy your craving, but not too many so you become over-satisfied, can help you get to your next full meal. Avoiding snacks that are high in sugars, fats, and sodium is key to snacking within the limits of a healthy diet. Choosing snacks that have lots of fiber and nutrients will keep you full, while providing you with necessary vitamins and minerals.

Knowing which snacks to go for is the first step to including healthy snacks into your already healthy diet. Below are a few ideas that can help you fight off those hunger cravings while keeping it healthy!

Here are a few quick and easy snack ideas to help ward off hunger on a health diet:

- Whole grains, such as granola, cereals, and even popcorn!
- Fruits (apples, bananas, peaches, pears, apricots, grapes, strawberries, and many more!)
- Low-fat or fat-free yogurts (add things like fruits, nuts, and granola to provide more nourishment)
- Oatmeal (quick or instant is just fine!)
- 2 tablespoons of nuts (almonds, peanuts, walnuts, etc.—avoid added salt!)
- Raw vegetables (okay, I know what you’re thinking, but experiment and you may find some you enjoy!)

Tips to healthy snacking habits:

- Plan ahead—know when you get hungry and plan accordingly!
- Avoid excess sugars and salt
- Use small amounts of ranch or peanut butter if it means eating more fruits and veggies!
- Stick to snacks with around 100 calories to avoid ruining your appetite

For more information visit: http://www.mayoclinic.com/health/healthy-diet/HQ01396

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