



Smart Snacking Ideas

- **Popcorn:** Look for healthier versions—98% fat free
 - **Fruit & fruit smoothies**
- **Cereals.** Choose high fiber, low sugar cereals like oatmeal
- **Yogurt/Frozen yogurt.** Buy plain yogurt and add something to it, like low-fat granola and fruit for a truly healthy snack
- **Vegetables.** Try an assortment of vegetables with a low-fat dip
- **Granola Bars.** The chewy they are, the more sugar and fat they have. The healthier ones are crunchy and not coated in chocolate.
 - **Popsicles/Frozen Fruit Bars**
- **Ice Cream.** Not for an everyday snack but there are some good choices out there if you get an ice cream craving: Breyer's light vanilla and Smart Ones fudge bars are really good.
- **Cheese and Crackers.** Only if you pick a reduced fat cheese Like Kraft 2%(lower fat also means more protein) and whole grain low fat crackers.

Original Article: <http://my.webmd.com/content/Article/70/80960.htm>