



Snacks, Nibbles, and Bites

Finding healthy snacks is sometimes difficult. Making a healthy selection is a challenge with so many snack choices at the grocery store, 7-11, and gas station quick marts . Choosing power packed snacks will satisfy hunger and provide essential nutrients.

Here are keys to being a smart snacker:

1. Choose foods that satisfy hunger. Include protein and fiber in your snack choices. Foods containing healthy fats, such as nuts or an avocado are great options.
2. Plan ahead. Have snacks ready to go, especially when you are on the run. A small cooler with an ice pack is a great purchase to keep foods such as yogurt and fruit accessible.
3. Portion control. Snacks have the potential to be a source of excess calories that can lead to weight gain. A good guideline is to keep snacks between 200 and 300 calories.
4. Be wary of pre-packaged snacks. Vending machine treats often lack nutrients and are high in calories and fat. If a vending snack is the only option, consider whole wheat pretzels or a granola bar.

(This information is for educational purposes only. Contact your healthcare professional if you have a medical or health concern.)

Pinnacle Health & Wellness, LLC provides nutrition, health, and wellness information to businesses, schools, and organizations. Contact us today for your customized programming.

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