A Visual Guide to 15 Healthy Snacks

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<http://www.diet-blog.com/07/a_visual_guide_to_15_healthy_snacks.php>

Most vending machines are stocked full of junk food. With a bit of planning it is possible to replace those snacks with foods that will nourish your body.

The challenge is to balance convenience with nutrition.

Here is a pictorial guide to a selection of healthy snacks - and remember - healthy eating is not just about the number of calories\*.

Functional Fruit

All fruits are great - however many have a very short season (berries, peaches, nectarines) and others can be a bit too messy if you are at work (grapefruit, oranges, melon).

\*It's Not Just About Calories

Some snacks may be low in calories, but lack in other essential nutrients. Some snacks do nothing to satisfy the appetite. What's the point in saving 20 calories just to be gnawingly hungry 15 minutes later? No vending machine will be safe from you...

Not Everyone Needs to Snack

For some people - three square meals works fine. For others, snacking is a way of life - and without a little pre-planning - most of those snacks will not be the best choices.

Snacking is a great way to maintain even energy levels and manage hunger and prevent bingeing.

Building Positive Habits

Snacking is habit forming. Switch out bad food choices for good ones - and before you know it - your 3 hourly pilgrimage to the vending machine will be a thing of the past.

Raw Almonds

Serving shown: 20 almonds

Calories: 139

Raw Mixed Nuts

Serving shown: 30g / ~1oz

Calories: 178

Dried Fruit

Serving shown: 40g / 1.4oz

Calories: 97

Note: Dried fruits are more calorie dense (per weight) than fresh fruit - and are easier to overeat.

Mandarin

Serving shown: 180g, 1 medium & 1 small.

Calories: 95

Note: Great packaging. Small portions. Seasonal

Apple

Serving shown: 185g / 6.5oz

Calories: 96

Banana

Serving shown: 1 medium banana - 118g

Calories: 105

Grapes

Serving shown: 215g / 7.6oz

Calories: 148

Note: Seasonal

Tuna

Serving shown: 85g / 3oz

Calories: 99

Note: Be wary of tuna in oil - many of the oils are vegetable oils (high in omega-6 rather than omega-3 EFA's).

Dried Peas

Serving shown: 25g / .9oz

Calories: 72

Note: Find in bulk bins - often with different seasonings.

Popcorn

Serving shown: 2 cups

Calories: 62 (air-popped)

Calories:110 (oil-popped)

No condiments added.

Note: Avoid pre-packaged popcorn (often contains trans fat).

Baby Carrots

Serving shown: 170g / 6oz

Calories: 60

Note: Convenient - can buy pre-washed and pre-bagged.

Celery & Hummus

Serving shown: 40g / 1.4oz hummus

Calories: 108

Note: Buy celery pre-cut and pre-washed. Goes well with many other dips.

Cherry Tomatoes

Serving shown: 150g / 1 Cup

Calories: 27

Note: Seasonal.

Whole-grain Crispbread with Cottage Cheese

Serving shown: 1 cracker + ~45g (1.5oz) cottage cheese (light)

Calories: 70

Note: Aim for crispbreads or crackers that are completely whole grain and have a minimal amount of oil.

Bean Salad

80g / 2.8oz

Calories: 90