



SNACKS

Do you skip meals only to find yourself feeling fatigued and foggy headed? Your body needs food every 3 to 5 hours for sustained energy throughout the day. Have healthy snacks available when you need them. This will help reduce overeating later in the day, improve mood, and weight control.

Many of these snacks are also perfect choices for Active Duty Members that may live in the barracks.

Snack ideas:

- Smoothies made from skim milk and fresh fruit. Example: 1 banana, 1 cup skim milk, 1 Tablespoon peanut butter, ice. Blend until smooth.
- Half of a large bagel topped with reduced fat peanut butter
- A bran muffin with raspberry jam
- String cheese
- Unsweetened applesauce
- Vegetables of any kind (examples include baby carrots, celery, cherry tomatoes, cucumbers, broccoli).
- Mixed beans (chick peas, kidney beans, pinto beans) with 1 Tablespoon of Low Fat Italian Dressing
- Hummus with pita bread or with vegetables
- Rice cakes
- Baked tortilla chips with salsa
- English muffin pizzas (choose whole wheat English muffins, marinara sauce and low fat mozzarella cheese).
- Half a sandwich with lean meat
- Tuna on whole grain crackers
- Plain popcorn
- Low fat cottage cheese and fruit
- Low fat granola with yogurt
- A handful of nuts (almonds, walnuts, peanuts, sunflower seeds)
- Pretzels
- Low fat yogurt
- Soy milk or 1% or skim milk
- Hard boiled eggs
- Endamame
- Whole grain breakfast cereal
- Low Fat Granola bars