

Snacks

Hi I am Amy, and today we are going to be talking about healthy snacking. When you were a child, did your mom ever tell you don't have a snack, don't spoil your dinner? When it comes to losing weight and eating healthy, snacks can actually be very beneficial and help you to prevent overeating at your next meal.

Today, we have a variety of different healthy snacks that we are going to show you. Snacking can actually help you in your weight loss goals if you chose the right snacks. Usually, the problem with snacking when people are having trouble with their weight loss goals is that their snacks are too big or the wrong kind of snack. The goal that we strive for is to have 100 calorie snack or less. Today we have a variety of snacks that I have prepared that have 100 calories or less in them. Here we have 100 calories worth of oranges and cantaloupe. Over here we have some Fiber One® bars. It doesn't need to be the Fiber One® brand, it could be any brand. It's just that it contains fiber. One interesting thing about snacks is if your snacks have fiber and/or protein in them, they will help you to stay full longer and that's going to help you to avoid overeating at your next meal and also have those blood sugar crashes a couple of hours later where you have more cravings and you want more sugary type foods. This is some sugar-free Jell-O® with Cool Whip® in it and then some fruit on top. This is about between 40 or 50 calories and so it is quite a bit of food that you get for not a lot calories. This is some sugar-free Jell-O®. That's what this box is here is the sugar-free Jell-O® with some mandarin oranges in it and it has 2/3 cups of mandarin oranges in it which is equal to 100 calories and the sugar-free Jell-O® basically has zero calories so that's about 100 in here. These puddings here are sugar-free, fat-free, and instant. The nice thing is you use skim milk and the sugar-free and the fat-free mixes and you will wind up with about 60-70 calories in there. Another nice thing that you can do is if you want to make it a little more exciting, you can use whipped light cream and this has 15 calories and 2 tablespoons so you can always make stuff a little bit more fun if you need a little more sugary taste to it without a lot of calories. Another nice thing you can do with this is on pancakes or French toast in the morning you don't need to use syrup. Syrup can have a couple of hundred calories in it and if you want to just use like a whipped cream like this, you know it is maybe 15-20 calories and put some berries on it instead. That is another great way to cut calories. You can have a vegetable tray with some ranch. This is light ranch and the amount that is in here is about 50 calories and the vegetables have about 50 so it totals about 100 calories for that plate. You know foods like this you want to keep on hand so that when you go to the fridge and you feel like eating a candy bar or something like you have some foods that are already available that are healthy, cut up. It takes 2 seconds to open the bag. You know keep some foods like this on hand or just buy your own heads of broccoli and cauliflower or carrots or whatever and just cut them up yourself.

You know you are a busy person on the go and you don't have time to prepare a lot of foods you can buy prepackaged items. These little fruit snacks have 50 calories in them. You could choose 1 or you could choose 2 for your 100 calories. When you are trying to lose weight, you don't want to feel hungry all the time and the worst thing to

feel is deprived so what we try to lay out here for snacks is foods that you can get a lot of bang for your buck or a lot of food for not a lot of calories. A fruit pie like this has about 500 calories in it. To me you don't get a ton of food for 500 calories. I wanted to show that eating one of these or another snack that has 4 or 500 calories in it, if you think your okay I can have that amount of food for 400 calories or 500 or I can pick 5 of something like this, you would get a lot more food eating the fruits, vegetables or the puddings or mixing and matching. Prepackaged foods can be easy. A food like this Quaker Fiber Crisp®. You know they are very healthy. The first ingredient is whole grain oats. They have a good amount of fiber in them. They are about 100 calories in a serving. But what happens when you open this bag and then you think they are healthy so you eat the whole thing. That's what we don't want to do. A good idea is to open your bag and get some snack sized bags that you can just get at your local grocery store and count out how many the servings says. One serving in here is 13. So what you are going to want to do is package them up. These snack sized bags are really nice. You can just have them prepackaged, have it ready so in the morning when you are heading out to work, you can just grab one of these and you will really lessen the chances of overeating at snack. It is really easy to open this and just eat the whole bag. One of the tricks of weight loss is planning ahead and a big portion of planning ahead is portioning out your food. The last item that I haven't showed you are prepackaged Craisins®. These are dried cranberries. These are definitely a healthy snack, but one of the reasons that I wanted to show them is they are dried fruit and dried fruit is quite high in calories because they took out all of the water and we are left with all of the sugar of the fruit. This is a really nice, quick, on-the-go type of snack, but it adds up really quickly as far as calories. If you look at the portion size that you get of these Craisins®, there is your 100 calories versus there is 100 calories in the celery and the peanut butter.

Probably my biggest struggle with snacks was the evenings I would grab a pop corn, chips and actually I wasn't really hungry just automatic. I got to get up and I got to look and see what else is in the refrigerator. It is a lot better.

I still snack, but I don't do like it like I used to do. If you would have come to my home you would always find in our home apples, bananas and grapes always. When I'm watching TV or doing whatever and I feel like I want to have something, I walk upstairs. I go get an apple or banana or grapes instead of reaching for the ice cream, candy bar, cake or the pie.

My snack in the morning is an orange usually and the snack in the afternoon is an apple.

I also get the light diet or low diet snack crackers once in a while where you can get like 15 of them and it's like 60 calories. Snacks satisfy me.

Eating several meals a day, that is by far better. It keeps your energy level a little more stable because you are not going up and down and reaching high peaks of energy and then down low again.

Today we talked about different types of healthy snacking. We talked about your snacks need to have fiber and protein in them to help you stay satisfied for longer. We showed you some examples here. I hope you found them to be helpful. If you would like to do an assignment from here it would be to make a list of what some of your favorite snacks are, write them down, go to the grocery store and purchase these foods so that you have them ready to eat.

Thanks again for joining us talking about snacking and good luck choosing healthy snacks.