

# Healthy Snacking



**GetFIT**  
A VSP Wellness Program

**vsp**  
Vision care for life

When hunger hits, it hits hard. It's 3 p.m., a few hours after lunch but too early to gorge on something that might ruin dinner. The following snacks will help you with your afternoon cravings in a healthy way.

**To help with snack selections, we've put together a list of tasty snack options whose nutritional rewards are just as sweet:**

## Carrots

We bet your mother told you that eating carrots would keep your eyesight, but did you know they're also great for the skin and helping the body fight infection? Carrots come in all shapes and snackable sizes. Try them with some ranch dressing, but not too much or you'll add too many calories to this 35-calories per 1/2 cup snack.

## Grapes

Grapes' flavonoid-rich interiors help protect cells from oxygen damage. They're also filled with antioxidants that fight heart disease and the development of cancer cells. And a fruit salad wouldn't be the same without them. At a whopping 1 1/2 cups, grapes only contain 85 calories and no fat.

## Apples

Apples are the snack world's most perfectly portable must-haves. And their flavors range in taste from semisweet to refreshing to pleasantly tart. Eat 'em with the peel on for additional quercetin, a powerful antioxidant that helps reduce the growth and spread of cancer cells; the tasty teachers' treats also are packed with vitamin C and dietary fiber. One large apple equates to a mere 72 calories and a negligible 0.2 grams of fat.

## Bananas

Bananas also make great on-the-go snacks, and they help maintain healthy heart function and blood pressure levels. So, if you need an extra boost before a much-needed workout, reach for a potassium-rich banana. One banana accounts for 110 calories and no fat.





### Almonds

Crunchy little nuggets that pack a punch, unsalted almonds are high in the right kind of fat: monounsaturated that helps reduce cholesterol levels. They're also loaded with protein, fiber, and folic acid. And these jewels of the nut world—they are, after all, diamond-shaped—are great in just about anything. Try sprinkling them on a favorite salad or in low-fat

yogurt. Approximately 30 nuts come to just over 160 calories and 14 fat grams.

### Popcorn

Select the 94% fat-free popcorn packets for a salty snack that will fill that empty tummy while tickling taste buds. Heck, the low-fat version of the theater staple is good for you. Since it's a whole-

grain food, popcorn is a high-quality carbohydrate source offering fiber and a minimal 110 calories and 2 fat grams per six popped cups.



## Looking for healthier options to your usual snack suspects?

Nutrition can be confusing and overwhelming. We're bombarded with snack options every day—some good, some bad, and some just plain ugly. Here's a quick nutritional comparison to help in the battle for GetFIT fitness:

### Eat This



**Pretzels**  
Serving size: 17 pretzels  
Calories: 110  
Total fat: 1g



**Graham Crackers**  
Serving size: 8 small crackers  
Calories: 130  
Total fat: 3.5g



**Dark Chocolate**  
Serving size: 1.7oz  
Calories: 90  
Total fat: 5.5g

### Not That



**Nacho Cheese Chips**  
Serving size: 12 chips  
Calories: 140  
Total fat: 7g



**Chocolate Chip Cookies**  
Serving size: 1 cookie  
Calories: 140  
Total fat: 7g



**Milk Chocolate Candy Pieces**  
Serving size: one bag  
Calories: 240  
Total fat: 10g

Sources: WebMD, Snacking Habits for Healthy Living, caloriecount.com, American Dietetic Association, Centers for Disease Control and Prevention, and NutritionData.com.