



## SENSIBLE SNACKS

### WORKOUT FUEL

30-60 minutes prior to exercise. Think simple, quick carbohydrates, very little fats and protein.

- Fruit: handful of grapes, small apple, ½ banana
- ½ cup 100% fruit juice
- ¼-½ cup (small handful) of pretzels or cereal
- 4-6 oz. yogurt

### CRUNCH ON THIS

- 1-2 rice cakes + 1 Tbsp. peanut butter
- 100 calorie pack of popcorn ex: smart pop
- ½ cup dry cereal (ex: Kashi Go-Lean, Mini Shredded Wheat, Fiber-One)
- 4-5 whole grain melba-toast
- ½ cup raw carrots
- 14 animal crackers

### SPICE AND ETHNIC

- 1-2 oz. ground turkey with diced tomatoes and taco sauce
- Stir-fry with low-sodium soy and teriyaki sauce
- 2 oz. (about 30 pods) edamame
- ¼ cup salsa with 5 whole grain, low-sodium, low-fat Triscuits
- ¼ cup H<sup>3</sup> hummus and 6 pita chips

### SALTY SATISFACTIONS

- 4 whole wheat Melba toasts with 4 turkey pepperonis and a sprinkle of skim mozzarella cheese
- 1 oz. (small handful) peanuts or pistachios
- 100 calorie popcorn
- 1-2 oz. sun-dried tomatoes
- 6 whole grain, low-sodium, low-fat Triscuits

### SWEET NOTHINGS

Lower calorie options for a sweet craving!

- 4-6 oz. low or non-fat yogurt
- ½ cup frozen yogurt
- ½-1 cup fruit smoothie, or orange juice
- ¼ cup sugar-free pudding or Jello (option for discretionary calories: fat-free whipped cream)
- ½-1 cup strawberries dipped in fat-free whipped cream
- ½-1 cup frozen blueberries or grapes
- 1 rice cake topped with 1 oz. yogurt, berries and cinnamon

### CHOCOLATE ATTACK

- 1-2 sheets chocolate graham crackers
- 1-2 chocolate crunch rice cakes
- 100 calorie pack cookies
- 1 serving of dark chocolate (look for 70% or higher cacao content)
- ¼ cup dark chocolate or chocolate fudge sugar-free pudding

A SERVICE OF

*Hilton Head Health*



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM