

Healthy Snacking...presented by:



Choosing healthy foods is as important at snack time as it is at mealtimes. Healthy snacks can add fiber and nutrients to your diet without unwanted calories. They can give you an energy boost during the day and prevent you from overeating at meals.

To avoid gaining weight from snacking, keep your food portions small and try to space your meals and snacks three to four hours apart.

What are the best healthy snack foods?

- Fresh fruit or a handful of dried fruit, such as raisins.
- Raw vegetables: carrots, celery, red and green pepper - cut and portioned in small plastic bags (try filling celery with peanut butter or low-fat cottage cheese, or dipping your vegetables in low-fat dressing).
- A slice of angel food cake with non-fat whipped topping.
- Non-fat, whole-grain crackers (could be topped with low-fat cheese or peanut butter).

- Non-fat cottage cheese or yogurt.
- A handful of nuts.
- Hummus on whole-wheat pita bread.

Forget the bag of chips or candy bar and reach for an apple, pear, or handful of nuts and raisins. You'll get extra fiber, vitamins, and minerals, all for about 50 calories. "Think of a snack as a 'mini meal' that will help you have a healthy diet, rather than as an opportunity to consume treats."

Why Apples?

Do the math. Reach for an 80-calorie apple instead of more fattening foods, and you'll easily save hundreds, even thousands of calories over the course of a week. But apples have much more to offer than their low calorie count. In addition to slashing cholesterol and reducing your risk of lung cancer, diabetes, asthma, stroke and heart disease, apples have been proven to provide waist-shrinking benefits!

Louie's Kids is a non-profit, tax-exempt organization raising money to help tackle obesity one child at a time. Your donation to Louie's Kids funds scholarships for children to attend one America's premier summer camps specializing in weight loss and behavior modification for children; these are kids who would not otherwise have the financial means to attend these awesome camps and programs. We're proud to do our part to improve the lives of children whose lives might otherwise head down a long road of poor health and suffering. Visit our web site to learn more or please, make a donation and help us save kids' lives!

www.LouiesKids.org