1. **Food is fuel.** Balanced snacks during the day can keep energy levels up and help control portions at mealtimes.

2. **Plan Ahead.** Planning snacks into your healthy eating plan will help prevent over-spending your day’s calorie budget. In general, aim for 100-200 calories per snack. If you are an athlete or very active you may require larger snacks.

3. **Make it Count.** Think of snacks as mini-meals that contribute nutrient-rich foods and not an excuse to eat junk foods. Pairing a food high in fiber (such as whole grains, fruits, or vegetables) with a protein or healthy fat (such as dairy, nuts, or seeds) will keep hunger at bay.

4. **Snack only when hungry.** Skip the urge to nibble when you’re bored, frustrated, or stressed. Sometimes an activity for five minutes is enough to take your mind off of snacking.

5. **Setting up for Success.** Having too many treats around is tempting! Have single-serve containers of yogurt, nuts, cheese, or pretzels on hand for a quick snack. Instead of eating out of the bag, measure out a portion and place on a small bowl or bowl.

### Winning Combinations

- 1 Tbsp peanut butter spread on slices of a medium apple or banana
- 1 cup of raw vegetables with 3 Tbsp hummus
- 1 serving whole grain crackers with 1 oz of cheese
- 1 String Cheese stick with piece of fruit
- ¼ cup trail mix
- ¼ cup of nuts (1 handful)
- ¼ cup Greek yogurt topped with fresh fruit
- 1 cup whole grain cereal with low-fat milk
- ½ cup cottage cheese with ½ cup cherry tomatoes
- Cheese Quesadilla- Take 1 whole wheat soft taco, sprinkle with ¼ cup cheese and microwave for 30-45 seconds. Serve with salsa
- English Muffin Pizza- Take 1 whole wheat English muffin- top with 1-2Tbsp tomato sauce and 2 Tbsp low-fat mozzarella, microwave for 1 minute.

For more information, contact UVM Dining Registered Dietitian at Nicole.Rohrig@uvm.edu.