Healthy Snacking

[](http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/07/Dr-Nicholas-Depace-MD.png)*“Snacking is a weakness of many and the snacks that most reach for in a time of weakness are usually not the best for you.”*

Healthy Snacking

Here are some healthy snack options for any craving.

“Snacking is a weakness of many and the snacks that most reach for in a time of weakness are usually not the best for you. Better options are available than potato chips and candy bars. In fact, the American Heart Association says that, “snacking isn’t ‘bad’ if you do it in moderation and make healthy choices.”

Healthy Snack Options

Craving a crunch?  
Apples and peanut butter  
Carrots and celery sticks  
Unsalted rice cakes

Have the munchies?

Try:  
  
Unsalted nuts – almonds and walnuts are particularly good options  
Plain, low-fat or fat-free yogurt  
Cherry tomatoes  
Whole-grain breads or toast

Want to quench your thirst?

Try:

Water, water is always the best option  
Fat-free milk  
Fresh-squeezed or unsweetened juices  
Low-sodium vegetable juice

Looking to satisfy a sweet tooth?

Try:  
  
Dried fruit gelatin gems  
Raisins  
Frozen grapes or bananas  
Baked apple  
Thin slice of angel food cake

Thanks for reading!

<div class="masterPagestyle">

<a style="float: left;" href="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/07/Dr-Nicholas-Depace-MD.png"><img style="float: left;" src="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/07/Dr-Nicholas-Depace-MD-300x244.png" alt="Dr Nicholas Depace MD" width="300" height="244" class="alignnone size-medium wp-image-52" /></a>

<p style="font: 30px Helvetica; color: gray; margin: 0 0 15% 51%;"><em>"Snacking is a weakness of many and the snacks that most reach for in a time of weakness are usually not the best for you.”</em></p>

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