

QUICK & SIMPLE

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Got a Snack Attack?

Whether it's morning or night, here are five great snacks — all under 200 calories — that will keep you from reaching for junk food

Got the munchies? Go for snacks that fill you up, suggests Jana Klauer, M.D., author of *How the Rich Get Thin*. “A bag of chips or cookies from a vending machine is low in filling fiber and high in nutritionally empty calories,” she says. “You won’t feel full after a handful, and the resulting spike in your blood sugar will just make you crave more.” Try these hunger-stomping, waistline-friendly snacks instead.

The Midmorning Munchies

Hard-Boiled Egg: A large hard-boiled egg is one of the most inexpensive sources of vitamins and minerals, its high protein staves off hunger pangs for hours, says Linda Gassenheimer, author of *Good-Carb Diet for Life*.
The Cost: 78 calories

Better Than: A pumpernickel bagel (340 calories)

The Stuck-in-Traffic Snack

Nuts: As long as you keep your portion size in check, Gassenheimer says that eating protein-rich nuts is a great way to feel full for hours (it takes a while for your body to digest them), and get a big serving of heart-healthy fats. “Buy one of the small 2-oz. packages of almonds, pecans or walnuts that you find in the baking section of the grocery store, and then eat half as a snack,” she says. If you think you’ll have problems stopping yourself, go ahead and split your nuts into two baggies.

The Cost: 190 calories

Better Than: A 4-oz. snack bag of pretzels (440 calories)

The 3 p.m. Thirst Quencher

Tomato Juice: Fill up with a fiber-packed 8-oz. glass of tomato juice, and you’ll also get nutrients such as vitamins A and C, as well as lycopene, a substance that might reduce your risk of cancer.

The Cost: 121 calories

Better Than: A mixed-berry smoothie (300 calories)

The Craving for Something Sweet

Yogurt With Fruit: Mix a container of fat-free plain Greek yogurt, such as fage Total 0%, with fresh fruit, 1 clementine or half a cup of peaches canned in their own juice, says Dr. Klauer. The 15 grams of protein in the yogurt keep you mentally alert and satisfied, while the carbs in fresh fruit give you long-lasting energy without the sugar of a premade yogurt with fruit on the bottom.

The Cost: 115 calories

Better Than: A 2 1/2-oz. pack of strawberry-flavored licorice (350 calories)

The Late-Night Nibble

Raw Veggies: Vegetables such as carrots and broccoli have plenty of fiber and a high water content that will make you feel very full with very few calories, says **Lisa Young, Ph.D., author of The Portion Teller.** She suggests you prepare individual 1-cup baggies of sliced raw veggies early in the week to keep in the fridge and then enjoy them with 2 Tbsp. of low-fat ranch dressing or, better yet, hummus, a protein- and fiber-laden chickpea spread (we like the Athenos brand).

The Cost: 100 calories

Better Than: A 3 1/2-oz. package of cheese-filled sandwich crackers (530 calories)