

WORKING MOTHER

you | healthy mom

bad, better, best

Snack Time

November 2008

What should you eat when the 3:00 p.m. munchies strike at work—particularly if you're watching your weight? "The best snacks are high in fiber and protein, which keep you feeling fuller longer without being high in sugar and fat," says Lisa Young, RD, author of *The Portion Teller* and adjunct professor of nutrition at New York University. Here, her best bets.



Bad **Chocolate bar** (280 calories, 14 grams fat); **full-fat potato or tortilla chips, about 11 chips (150 calories, 10 grams fat)** We all like to sneak a sweet or salty fix, but neither of these snacks has enough fiber to help you feel full and regulate energy, and both are loaded with fat.



Better **Granola bar** (150 calories, 5 grams fat) It has less sugar and fat than a candy bar but little fiber, so it's not filling. **1-ounce bag of nuts and raisins (130 calories, 7 grams fat)** This provides good fiber, protein and iron to keep hunger at bay, but a small serving can be high in calories.



Best **A piece of fruit, like an apple (81 calories, 0.5 grams fat)** Fruit has sugar for your sweet tooth and fiber for energy—with almost no fat. **A piece of string cheese with four low-fat whole-wheat crackers (150 calories, 9 grams fat)** This combines protein, fat and carbs to give you energy and keep you satisfied.