

Nutritious Snacks 4 Home & Travel

The truth is – snacking is important!

Many of you think snacking makes you fat. You see, active people will become hungry every 3-4 hours, i.e. if you eat breakfast at 8a -- and lunch at noon, chances are you will become hungry by 4p, if not sooner.

These convenient foods are great for both pre and post-exercise.

- Nonfat cottage cheese
- Protein shake (pre-mixed or powder/whey protein)
- Hard boiled egg(s)
- Sugar-free Jell-O
- Frozen fruit bars
- Smoothies
- Bagels: whole-grain
- Pretzels (reduced salt)
- Crackers (stoned wheat, sesame, bran)
- Tuna (in water)
- Nonfat yogurt, frozen yogurt, fruit smoothie
- Peanut butter-all natural (no added sugar)
- Trail mix (with nuts and dried fruit)
- Low-fat oatmeal cookies (the fiber keeps you satisfied longer)
- Almonds and other nuts (keep serving to ¼ cup)
- Soy chips
- Rice cakes
- Instant oatmeal (unsweetened, unflavored)
- Air popped corn, low-fat bag of popcorn
- Energy Bars:
 - *Kashi bars*
 - *Pure Protein bars*
 - *Zone bars*
 - *Balance bars*
 - *PR-bars*
- Fresh fruit & vegetables packages:
 - *Carrot Sticks*
 - *Broccoli Florets (and other green vegetables)*
 - *Green salad*
 - *Berries: raspberries, strawberries, black berries, blue berries – and other berries*
 - *Fruit: grapefruit, oranges, bananas, apple-slices or apple sauce, honeydew, melon, kiwi*
 - *Dried fruit*
- Bottled water (for flavor add sugar-free crystal light)

Sources: nancy clark's sports nutrition guidebook; the abs diet