



Healthy Eating: Snacking

Who doesn't like to snack? Snacking with the right choices can help you manage your hunger levels, optimize your energy, and improve your overall health. Keep the following in mind when reaching for a quick snack:

- **Sneak in those fruits and vegetables.** Snacking provides an opportunity to get in the recommended five to nine servings of fruits and vegetables a day. Combine an apple with peanut butter or carrots and hummus for a yummy snack!
- **Think about variety.** Choose different foods in each food group. Pair up dairy products with fruits and whole grains or lean proteins and vegetables.
- **Make the healthy choice the easy choice.** Plan ahead for go-to snacks and get them prepped ahead of time. For example, cut up fruit into a fruit salad or slice pieces of cheese. If you are often on the run, take an extra step and pre-package them out for grab-and-go.

Healthy Snack Options:

- **Smoothies.** In a blender, mix together a combination of fruit, leafy greens, yogurt, and veggies to create a delicious smoothie. Add flax seed and protein powder for additional nutrients.
- **Hard Boiled Eggs.** Cook up a few hard boiled eggs and keep them in the refrigerator for a quick snack. Need a little variety? Add different spices like Everything Bagel Spice for a different flavor.
- **Trail Mix.** Create your own trail mix with items such as dried fruits, nuts, seeds, pretzels, popcorn, etc. Need a bit of sweetness? Add a small dark chocolate into the mix!

Additional Resources:

- www.choosemyplate.gov
- www.eatingwell.com
- www.healthychildren.org
- www.nutrition.gov
- www.eatright.org
- www.heart.org

Want additional support as you learn how to gradually form healthier eating habits? Find more educational information or schedule an appointment with your Marathon Health provider via the Marathon eHealth Portal. Log on today at my.marathon-health.com.