

## ***Secrets for healthy snacks***



Have you ever had classes so close together and do not have time to eat real meal and your stomach is growling before lunch hours? Even though it is easier to just indulge yourself with a snack but you feel guilty about snacking and chose to grit your teeth and wait for lunch time? You don't have to feel guilty about snacking instead chose a healthy snack that is full with nutrients and low in fat. Remember, snacks help you manage your hunger and give you enough calories as your need. Here are some examples of healthy snacks....

- **Fruits and vegetables:** snacks with fruits and vegetables are very tasty, colorful and packed with lots of vitamins and antioxidants.
- **Whole grains:** Grain foods such as crackers, popcorn, rice cake made from brown rice make great snacks because they tend fill you up. They don't come with a lot of added fat. Instead, they're packed with complex carbohydrates that provide your bodies with energy.
- **Nuts and seeds like pecans, pistachios, and walnuts** are an excellent source of vitamins and minerals. They are high in monosaturated fats and also contain protein and calories.
- **Low -fat dairy products:** dairy foods such as yogurt, low-fat cheese and low fat pudding are a great source of calcium which can help to build strong bones.