

- Low fat snacking helps to maintain energy level, blood sugar level and appetite level. However, it has to be healthy snacking.
- Certain low-fat snacks that can control hunger pangs keep you from taking second or third helpings at your next meal. As a result, you may actually consume fewer calories for the day
- Select snacks that contain complex carbohydrates like low fat cheese or low-fat yogurt. Keep away from foods high in simple carbohydrates and those that are sugar laden such as candy bars, sodas etc.
- While buying healthy snacks, check the food label. Do not eat more than the recommended amount (1 serving)
- A granola bar may contain trans-fat though considered a perfect example of a healthy snack. Check labels!
- Go for snack combinations that provide carbohydrates for energy, protein to sustain the energy by slowing down the release of sugar in the bloodstream, fiber to help you feel full and healthy unsaturated fats.

Food

FOOD	PORTION	CALORIES	FAT (G)
Animal Crackers	5 crackers	56	1.2
Apple	1 medium sized	81	6
Applesauce (unsweetned)	½ cup	53	1
Blueberries	1 cup	82	0.6
Broccoli	1 cup	12	0.4
Celery	1 stalk	6	0.1
Pudding, instant, sugar free	½ cup	92	2.7
Cottage cheese	4 ounces	90	1
Graham Crackers	2	66	2.6
Orange	1 medium	65	0.2