



Week 6: Arm yourself with smarter snacks

Have you ever noticed that when you wait too long to eat something you end up pigging out? Nutritionists agree that one of the best ways to maintain your weight is by eating small meals throughout the day, with healthy snacks in between. This helps keep your metabolism up and running, and lowers your risk for overeating at mealtime.

There are lots of things you can do to keep your meals and snacks lean and packed with nutrition. Try these easy tips to help you stay on track.

***Visit your supermarket.** There are plenty of healthy snack options at your neighborhood grocery store – just look around. Try low-fat cookies, edamame (soy beans), or air-popped popcorn.

***Stock up on fruits.** Fresh, seasonal picks are solid snack choices. Even canned or frozen fruits are healthy as long as they don't contain added sweetener.

***Tune in to your hunger.** Snack when you're genuinely hungry, and not because you're stressed or bored. Also, try not to snack when you're watching TV. It's too easy to lose track of how much you're eating.

More resources...

Video - [Healthy shopping, cooking, and snacking](#)

Podcast - [Diets: The Good, the Fad, and the Ugly](#)

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