

MAINTAIN DON'T GAIN

Week 3: Savvy snacking

Snack well—and often—to help manage your weight.

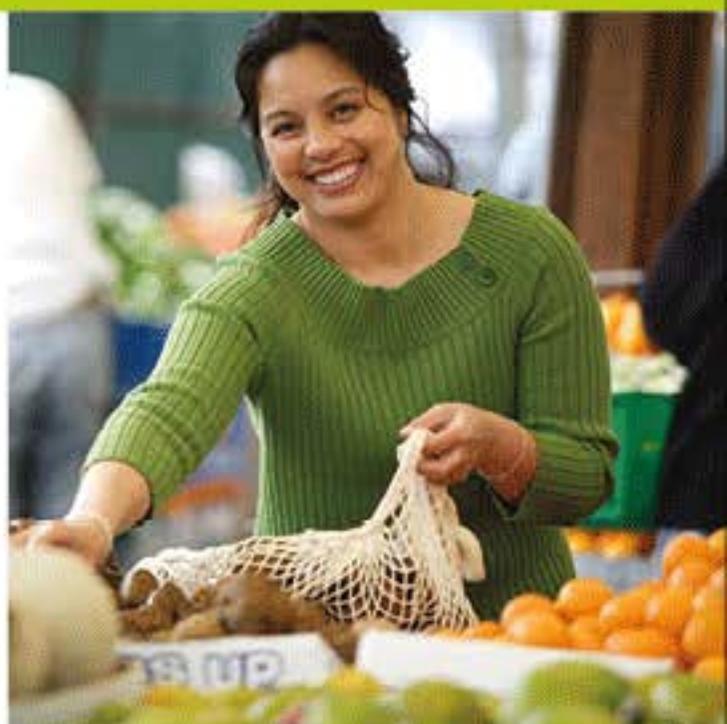
Many nutritionists agree: One of the best ways to maintain a healthy weight is to eat regularly—in small portions—throughout the day. But you also need to choose the right foods. Avoid unhealthy temptations by surrounding yourself with wholesome choices like fresh fruits and vegetables or dried fruit and nut mixes.

Start off by reducing the size of your major daily meals, then add in healthy snacks as needed in between. Snacking on the right foods can help you maintain your blood-sugar levels, keep your metabolism up and running, and lower your risk for overeating at mealtime.

Your challenge: If you're craving a snack, pass on the cookies or chips. Reach for fresh fruits and vegetables like sliced apples or carrot sticks instead.

Your tips:

- Plan ahead and keep healthy snacks in your desk drawer, purse, and/or gym bag. That way, when hunger strikes, you can avoid the junk food in the vending machine.
- Stay hydrated! Remember to drink water throughout the day. It will keep you hydrated and may help curb your appetite.



- Be a conscious eater. Snack when you're genuinely hungry and not because you feel stressed, tired, or bored. And pay attention when snacking while watching TV or a movie; it's easy to lose track of how much you're eating.

Your link: Get fresh fruits and vegetables to come to you. Sign up to order a fruit box from the FruitGuys. Visit fruitguys.com/eatingwell.

Monitor your progress with your weekly personal tracker, and celebrate a healthier you.

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