

Healthy Snacks to Satisfy Cravings

The best way to avoid cravings is to:

- ✓ Eat consistently throughout the day
- ✓ Always start your day with a healthy breakfast
- ✓ Stay hydrated
- ✓ Think small portions if you do fall into temptation
- ✓ Try chewing on minty gum

Here are a few ways to satisfy those cravings the healthy way:

- 1. Craving potato chips?** Drizzle potato wedges with olive oil and sea salt and bake until crispy. Try air popped popcorn with a dash of sea salt and cayenne pepper for spice (avoid the spice if you are experiencing acid reflux or discomfort)
- 2. Craving a hot fudge sundae?** Make a healthier version by using Greek plain yogurt in place of ice cream. Top with sliced bananas, drizzle with chocolate sauce, add unsalted peanuts and a small dollop of whipped cream
- 3. Craving pizza?** Bake your own and add veggies. Use store-bought whole-wheat pizza dough, layer with tomato sauce, add your favorite veggies and a thin layer of shredded mozzarella cheese
- 4. Craving cookies?** Top graham crackers with plain yogurt and cinnamon or a dollop of natural almond butter
- 5. Craving mac and cheese?** Make your own with whole wheat pasta and parmesan cheese. Add steamed vegetables, like broccoli, to bump up the fiber
- 6. Craving the crunch of salty snacks?** Try steamed vegetables or steamed edamame drizzled with olive and sea salt. For convenience, steam a bag of frozen vegetables (look for frozen varieties without any added sauces)