

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

August 29, 2017

10 SMART SNACKS UNDER 200 CALORIES

Here's some good news for anyone who likes to snack: Snacking helps you watch your weight. Eating the right kinds of snacks can also help curb your hunger between meals and keep you from reaching for the unhealthy stuff. So, what's the right kind of snack? One that's low-cal, high-nutrients and not processed "junk" food. And whether you're craving something salty, sweet, crunchy or chewy, these healthy snacks are the perfect choice—and less than 200 calories.

FOR ENERGY

Rich in protein, these snacks fill you up and rev up your energy.

- **Cheese and crackers:** One ounce reduced-fat cheddar cheese, six reduced-fat whole wheat crackers (Triscuit®).
- **Tuna salad with crackers:** 1/4 cup prepared tuna salad, 7 whole wheat crackers (Kashi®).
- **Yogurt:** 5.3 ounces fat-free vanilla Greek yogurt.
- **String cheese:** One low-moisture, part-skim mozzarella string cheese.

WHEN ONLY SWEET WILL DO

Delicious and full of nutrients like vitamin A, vitamin C, folate, potassium and fiber, these snacks satisfy a sweet tooth, too.



Use your resources.

Balance your eating habits with your favorite physical activities. Sign in to [your Well-Being Account](#) and use your exercise tracker to keep tabs on your progress.



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egg, five large strawberries.

- **Fruit and pumpkin seeds:** One large orange, two tablespoons roasted pumpkin seeds.
- **Apple with peanut butter:** One small apple, one tablespoon peanut butter.

FOR CRUNCH LOVERS

Pass on the potato chips and try these healthy, crunchy options instead:

- **Veggies and hummus:** Six baby carrots, 10 bell pepper strips and three tablespoons of hummus.
- **Almonds:** 14 raw almonds.
- **Granola bar:** One roasted almond crunch granola bar (Nature Valley®)



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References:

"10 Smart Snacks Under 200 Calories." ShareCare, Web. 05 July 2017.

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