

# Weight Loss Snacks on the Go



# HEALTHY SNACKS ON THE GO

Remember, remember, the Golden Rule of weight loss: it is never how much, it is always what you eat. You must not forbid yourself the great pleasures of food, you need only diversify what you let yourself eat. Let's take a look at snacks that are innovative and no less delicious than our beloved fast food, but at the same time work miracles for our body.

## TRAIL MIX

You may pack up on trail mix when you head up the mountains for an adventure, but having your own indoors trail mix can make snacking healthy and everyday full of energy. Trail mix is primarily made of mixed nuts which contain a healthy balance of protein, fats, and fiber. Without the burden of preservation issues, they are the perfect snack to carry around. Not to mention that they can become your defense against serious illnesses like heart disease, cancer, and depression.

## ALMOND BUTTER AND APPLES

Talk about a healthy relationship – none other than the duo of almond butter and apples. Almond butter, while high in calories, is not linked to weight gain when consumed in moderation and it makes for a great partner with apples which are rich in antioxidants that improve metabolic health and defend against heart disease.

## CUCUMBER SLICES WITH HUMMUS

What's better than a snack that is equal parts healthy and exotic? Cucumbers are refreshing, high in anti-carcinogenic elements, and are a perfect pair with hummus which is made of chickpeas, garlic, and olive oil – effective in reducing inflammation and improving heart health. With a cup of cucumber and hummus at only 180 calories, go ahead and curb your cravings with this delicious snack.

## HARD BOILED EGGS

Perhaps one of the most popular weight-loss and health friendly foods, two hard boiled eggs measure at only 140 calories with high protein, vitamin K2 and B12 content. Considering how filling they are, they keep you away from additional calories for hours. A new study finds that eggs do not contribute to risk of heart disease, contrary to popular belief. This leaves no reason why these are not an “egg”cellent choice.

## SPICY AVOCADOS

Nutritious, popular, and satisfying – avocados have it all. Try having half an avocado sprinkled with salt and cayenne pepper for a delectable snack that scores only 130 calories per serving, but also rewards you with high fiber, potassium, and magnesium – protecting your skin from the sun, improving health of arthritis patients, and lowering LDL cholesterol.

## OLIVES

Those tiny plant compounds are much more powerful than they seem. They contain potent antioxidants and monounsaturated fats that equip them to fight inflammation, cancer risk, and insulin resistance. With 25 olives measuring at only over a hundred calories, toss them into your next salad for the Mediterranean feel as well as boost in health.

## PIECE OF FRUIT

Satisfy that craving for sugar with the natural sweetness of a piece of fruit. Fruits are abundant in antioxidants, vitamins, and fiber. They require next to no preparation, nature does for you. Have a portion of nature's candy such as grapes or wholesome bananas or tangy oranges. There is a plethora of flavors waiting for you.

## DARK CHOCOLATE AND ALMONDS

This tried and tested combination has been found in the best brands of granola bars for a reason. Almonds are known for reducing appetites which facilitates weight loss and dark chocolate reduces cholesterol levels which instigate heart disease. A snack that is rich and high in energy amounts to 300 calories per ounce but is worth a lot more in satisfaction and health per serving.

## CHERRY TOMATOES WITH HUMMUS

Packing high levels antioxidants, vitamin C, and potassium, cherry tomatoes are powerful in reducing cancer and heart disease. Have a  $\frac{1}{4}$  cup of hummus and have fun snacking.