

Afternoon Energy Snack

If the middle of the afternoon often becomes your “I wish I could take a nap time,” the reason may be that your body needs energy. Spacing meals three to four hours apart makes it easier to stay energized throughout the day, so an afternoon snack can be your key to making it through.

Try some of these snack ideas:

- Three cups of microwaved low-fat popcorn
- Four or five whole-wheat crackers with peanut butter
- Fresh fruit, either plain or with low-fat cheese
- Half of a small whole-wheat bagel topped with one tablespoon of peanut butter or hummus
- One cup of low-fat yogurt with two tablespoons whole-grain cereal
- Six to eight carrot and pepper strips with low-fat salad dressing
- Two tablespoons of sunflower or pumpkin seeds
- One-fourth cup of trail mix
- An eight-ounce fresh fruit yogurt smoothie.

Remember, snacking from a bag or box often results in overeating. Keep your snack portions small by placing the food on a plate and eating slowly.