

## Great Ideas for Healthy Snacks

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by CharissaBear

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Snacks are vital because they give us sustenance and energy between the major meals. It is especially important to have snacks when your lifestyle is very active both in and out of work. Often, it is just too easy to pick up a burger or something from a vending machine. And before long, you have taken in more calories than you need.

Remember that snacking helps prevent you from bingeing. It alleviates hunger and boosts your energy anytime of the day. Healthy snacks, therefore, contain nutrient-dense substances and as little of carbohydrates as possible. You do not need to deprive your taste buds to snack healthy either. Refer to the following list of all-time favorite healthy snack ideas that are also recommended by many dieticians and nutritionists:

Nuts and fruits. Apples, oranges, mangos, grapes, and bananas can be prepared very easily. Dried fruits are also a great choice because of their high calorie density, which prevents overeating. Fruit yogurt and smoothies offer some tasty variations. When it comes to nuts, try raw mixed nuts, raw almonds, and dried peas. Walnuts, sunflower seeds, and bean salads are also good choices.

Vegetables for snacking A green salad is always a great idea for a quick, healthy snack. Celery, hummus, baby carrots, cherry tomatoes, and pickles will also help to keep you healthy and will keep you energized. Have them with dips for a tasty snack.

White Meat and Boiled Eggs. Tuna and sliced chicken breast can be made into delicious and healthy sandwiches you can snack on. Meanwhile, boiled eggs are very easy to prepare and they contains several vitamins and minerals to help boost your bodily functions. They include Vitamin A, iron, proteins, calcium, and iodine.

About the Author:

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