



I LOST IT AT THE CLUB TIP #11

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Trainer Tip of the Week from [Ruthann Clark](#)

Snack Smart and Lose Weight

Healthy snacks should actually be a part of your daily plan. Snacks play an important role when you are trying to lose weight. Choose snacks that have the combination of protein, carbohydrates and healthy fat (PCF).

Snacks help balance appetite: The PCF formula will help keep you full longer and will take longer for you to digest. A small snack can take the edge off hunger and help prevent overeating at your next meal. A mid morning snack and an afternoon snack will help you get through the hours between meals.

Snacks boost energy: Snacking can give you the energy you need to get through the day and importantly the energy you need to get through your workouts.

Snacks provide nutrients: When chosen wisely, snacks provide the vitamins, minerals, and fiber that you might not get during meals. This is the perfect time to add fruits and vegetables into the mix of your selections.

Guidelines for smart snacking

Snacking offers many benefits, but you still need to make them healthy selections. If not they can *be a source of excess fat and calories*.

Snacking helps or hurts you depending on what foods you pick and how much you eat.

Watch the amount

Remember to read the calorie amount per serving on the nutrition label of a food package—even for your healthful choices. For example, a single serving of almonds may be only 170 calories, but keep eating

handful after handful, and you will have consumed a whole cup of almonds and 825 calories!

[Plan Your Calories](#)

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