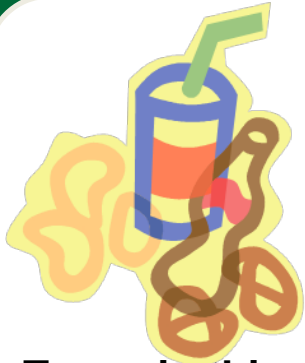


Living Well Tip of the Week



Snacks and Dashboard Dining

Grab a cinnamon roll for the morning commute, chips from the vending machine to get through the mid-afternoon slump, a few cookies before bed . . . and you may have taken in more calories in the form of “snacks” than from the day’s meals!

To avoid this diet downfall, but still satisfy your hunger between meals and on the go, try some of the foods listed here. Try to include protein for a snack that will carry you through until the next meal.

Consider these suggestions for quick, healthy snacks that you can keep on hand:

- ✓ Breakfast cereal, dry or with milk, and fruit. Try low sugar, 100% whole-grain cereals. Keep single serving boxes handy.
- ✓ No-sugar-added applesauce, sliced peaches in their own juice, or other single serving fruits
- ✓ Fresh fruit, such as pears, apples, oranges, nectarines, peaches, kiwi, grapes, strawberries, and bananas

For more recommendation and to complete a nutritional assessment visit our LivingWell Health Manage powered by WebMD at www.webmdhealth.com/ut. Once you register or log into the site, select “Living Healthy” on the top banner, then go to “Lifestyle Programs”.