



If you're feeling sluggish in the afternoon, get a pick-me-up with a high-protein snack like peanuts or peanut butter crackers.



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You can save eight grams of fat by choosing baked chips over regular.



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If you're craving chocolate, look for the darkest variety for the most nutrition.



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Most people only taste the first few bites of their food. If you're choosing a high-calorie snack, cut it in half and enjoy the rest another day.



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If you are trying to keep blood sugar levels from soaring, choose a food with high-fiber content like trail mix.



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It will take you twice as long to walk off a Snickers™ bar as a Peppermint Patty™.



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If you are eating because of stress, save your snack until after you have taken a walk.



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To get the full enjoyment of a snack, don't do anything else while eating.



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If you are choosing a higher calorie snack, save additional calories by making water your beverage of choice.



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Drinking hot beverages can curb your appetite. Try a cup of hot tea while munching on your animal crackers.



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Healthy snacks can provide energy to fuel your muscles and your brain. Go green!



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