

Smart Snacking Tips

The right snacks keep energy steady and cravings quiet.
eattheweightoff.com | Founded by Pamela M. Johnson

Snacking isn't the enemy — mindless snacking is. Done right, a smart snack can keep you satisfied between meals, prevent overeating, and support your transformation journey.

The Golden Rules of Smart Snacking

1. Always pair protein with fiber

Protein keeps you full. Fiber slows digestion. Together, they're the perfect snack formula. Think apple + almond butter, or hummus + veggies.

2. Snack with intention

Ask yourself: Am I actually hungry, or am I bored, stressed, or tired? True hunger builds gradually. Emotional hunger comes on suddenly.

3. Keep portions in check

Pre-portion your snacks before you start eating. Eating straight from the bag almost always leads to more than you planned.

4. Avoid high-sugar snacks

Sugar spikes your blood sugar and leaves you hungrier 30 minutes later. Choose snacks with less than 10g of sugar.

5. Stay hydrated first

Sometimes thirst masquerades as hunger. Drink a glass of water before reaching for a snack — wait 10 minutes and see if the craving passes.

Best Smart Snacks (Under 200 Calories)

SNACK	CALORIES	PROTEIN	WHY IT WORKS
Greek yogurt (plain, 6oz)	~100	17g	High protein, probiotic boost
Apple + 1 tbsp almond butter	~150	4g	Fiber + healthy fat combo
Hard-boiled egg + cucumber slices	~90	7g	Portable, filling, zero sugar
Hummus (2 tbsp) + bell pepper strips	~100	4g	Fiber, healthy fat, satisfying
Roasted chickpeas (1/4 cup)	~120	6g	Crunchy, high protein, no guilt
Cottage cheese (1/2 cup) + berries	~120	14g	Protein-packed with natural sweetness
String cheese + 5 whole grain crackers	~140	8g	Easy, portable, satisfying
Celery + 2 tbsp peanut butter	~130	5g	Classic combo, great crunch
Edamame (1/2 cup, shelled)	~95	8g	Plant-based protein powerhouse

Turkey roll-ups (3 slices + mustard)	~80	12g	Low carb, high protein
Frozen grapes (1 cup)	~60	1g	Natural sweetness, satisfies sugar cravings
Mixed nuts (small handful, 1oz)	~170	5g	Healthy fats, keeps you full longer

What to Avoid

- ✗ Ultra-processed snack bars (most have 20–30g of sugar)
- ✗ Rice cakes alone (no protein = hunger returns fast)
- ✗ Fruit juice (liquid sugar with no fiber)
- ✗ Flavored yogurts (often as much sugar as candy)
- ✗ Low-fat snacks (fat is often replaced with sugar)

"Smart snacking changed my life. Once I stopped eating from hunger and started eating with intention, the cravings faded and the weight followed." — Pamela M. Johnson, Founder
