



## Nutrition tips from Christine Herkommer, RD

## Bored of Snacks That Don't Fill You Up?

Try mini meals to satisfy you more!

Instead of 150 calories of fruited yogurt or some pretzels and grapes...

Try 1/2 small whole wheat pita, 2 thin slices turkey breast, sliced tomato and mustard

OR

1/2 whole wheat english muffin, 1oz reduced fat mozzarella cheese, green pepper, and tomato

OR

1 slice whole wheat toast, 1 scrambled egg white with veggies

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