

HEALTHY SNACKING

“The Biggest Loser” Strategies For Snacking Without Regret

(NAPSA)—Everyone knows that snack time can be a challenge for dieting and losing weight. There are so many tantalizing options within arm’s reach that it’s easy for temptation to take over.

The contestants on the reality show “The Biggest Loser” know this better than most people, but with help from the show’s expert nutritionists and trainers, these champs have learned a few simple strategies that help them enjoy snack time without regret. Here are a few tips:

- **Load up on Smart Snacks:** Nothing fights temptation better than a force field of smart snacks. Always keep a stash of cut-up raw vegetables ready to crunch. When hunger hits, take a deep dive into your veggie bag before you eat anything else. The crunching action will help satisfy the need to munch and the fiber in the veggies will fill you up fast.

- **Treat Yourself:** When you desire sweets, don’t deny yourself. Instead, try a smarter sweet snack, such as an 80-calorie sundae made from a cup of JELL-O Sugar-Free Banana Fudge Pudding that’s been topped with a dollop of COOL WHIP. The combination of rich pudding and creamy whipped topping delivers all the tasty delight of regular ice cream with far less fat and calories.

- **Practice Portion Control:** It’s okay to snack as long as you remember to control the portion and practice moderation. For example, when eating or snacking



Exercising regularly and eating right, including smart snacking, can help you have the look you like.

in front of the television, fill a small bowl with your snack rather than eating directly out of a bag or package.

- **Make it Interesting:** Introduce a variety of tastes and textures to add excitement to snack time. With its many flavors, Sugar-Free JELL-O gelatin has always been a light and refreshing way to add delight to eating right. The fruity and fabulous taste of JELL-O gelatin offers a satisfying refreshment with only 10 calories.

- **Drink Water:** Have a glass of water every time you have a snack. Water satiates and helps regulate what you actually need to eat in order to feel satisfied.

- **Don’t Go Hungry:** Never get to the point where you feel hungry. Consume small healthy snacks throughout the day so you don’t have the urge to overeat at traditional mealtimes.

For low-calorie treat ideas and healthy-living recipes, visit www.jell-o.com.