

9 Healthy Snacks for Weight Loss

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Sticking to a healthy diet can be tough when dealing with work and other obligations. Temptation calls when passing [vending machine](#) full of unhealthy snacks in your Utah office breakroom or while out running errands in Salt Lake City. Avoid being lured by carrying healthier snacks with you or looking for better options in vending machines. This list of healthy options can help you fight hunger pains while staying fit.

1. Apple Slices and Peanut Butter

Apples provide you with a nice dose of antioxidants helpful to digestion. They're also full of fiber and cut your risk of heart disease. Peanut butter increases your good HDL cholesterol while lowering bad LDL cholesterol and unhealthy triglycerides.

2. Cream Cheese with Celery Sticks

Celery contains the antioxidant luteolin, known to reduce inflammation and cut your risk of developing cancer. Cream cheese adds flavor at a lower calorie cost than many other spreads.

3. Dark Chocolate with Almonds

The flavanols in dark chocolate cut your chances of developing heart disease and help lower blood pressure. Make sure your chocolate composition is made up of at least 70% cocoa solids to receive the full health benefits.

Almonds help control blood sugars and help you feel fuller to keep you from overeating. They're also full of monosaturated fat that's good for your heart.

4. Slices of Fruit

Chop up some of your favorite melons like cantaloupe or watermelon and keep them on hand. You can also go with a handful of grapes or bring along grapefruit or orange slices to keep your hunger pangs at bay.

5. Popcorn

Popcorn works great as a snack because it's full of fiber and low in calories. Three cups of plain popcorn only add up to around 100 calories. Be careful about adding on any flavorings full of calories or extra salt. Keep things simple by going light on any seasonings or added butter.

6. Hummus

You can eat hummus with almost anything, which is why it works so well as a healthy snack. It's full of healthy plant-based proteins, vitamins, and minerals. It's also great for those concerned about their blood sugar since its low glycemic index (GI) releases sugar into your bloodstream at a lower rate.

7. Hard-Boiled Eggs

Hard-boil contain lots of nutrients like vitamin D and B12. They're only 77 calories each and full of protein that keeps you feeling fuller and less inclined to munch on unhealthier alternatives.

8. Turkey Slices

Turkey slices are only 54 calories each and full of protein. They strengthen your immune system and helps keep thyroid hormones balanced. You can roll them up with some cream cheese and red peppers for an even more delicious snack option.

9. Mixed Nuts

A handful of mixed nuts provide you with a nice boost of fiber and fats designed to keep your cholesterol low and arteries unclogged. Look for raw varieties uncovered in sugar and other additives.

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