

MUSCLE & FITNESS®

HEALTHY SNACKS



Raise your intermeal game with these six delicious, protein-packed eats.

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PHOTOGRAPHS BY BRIAN KLUTCH

YOU MIGHT BE snacking all wrong. As a registered dietitian and longtime nutrition pro, I can tell you this: Snacking is a habit that can either work for or against you. Constantly grazing on salty, sugary, fatty nutritional bombs will inflate your calorie counts, derail your diet, and ultimately destroy your physique. On the other hand, reaching for a healthy, well-timed snack that fits within your overall macronutrient needs is a smart step toward improving your fitness and making you look better naked. A good snack can also waylay hunger so you don't overdo it on the megacalorie foods on offer during the holiday season.

So what's the secret to snacking success? Quite simply, it's avoiding the onslaught of unhealthy packaged foods and making your own hunger-demolishing fuel. Start by fortifying your diet with the following mini eats. All of them pull double duty by satisfying your need for great taste and clutch nutrition.

ACTUALLY GOOD

Most store-bought snacks aren't great for your body, but a few of them are solid, mainly because they dial back on the sugar, salt, and unhealthy fats. Try these five.



BARE SEA SALT CARROT CHIPS
No added sugars, and you can use these chips as a delivery method for dips.



WILD ZORA APPLE PORK BAR
Naturally sweetened with real fruit.



WONDERFUL PISTACHIOS SWEET CHILI
Fiery kick and a source of plant protein and mono-unsaturated fat.



MUUNA LOWFAT PLAIN COTTAGE CHEESE
A single-serving container packs 19 grams of muscle-friendly protein.



MADE IN NATURE FIGGY POPS MOCHA ALMOND
All the sweetness comes from fruit, including figs and apricots.

FOOD STYLING BY SUSAN OTTAVIANO