

That's Right, Snacking Is OK!

As a matter of fact, snacking is recommended. The Smart Snacks list on pages 76-77 offers dozens of simple low-calorie bites—no fuss required. Use items on this list to head off cravings for high-calorie, high-fat snacks. And the free foods on pages 78-79 don't even count. Most are so low in calories, you can have as much of them as often as you want. Just follow any portion restrictions noted.

The reason you can add free foods to your menu without a second thought is that each one contains no more than 20 calories or 5 grams of carbohydrates. They are mostly nonstarchy vegetables, so they'll fill you up.

You can also add the recommended portions of free food to a meal without adding the calories to your daily total. For example, give a bit of crunch to a low-calorie turkey sandwich with cucumbers, pickles or even radishes. And you can pump up the flavor of any entree with fresh herbs, horseradish or hot pepper sauce.

Just remember, though, if you use a free food in excess of the amount that's recommended, you'll have to add it to your daily calorie total.



You can snack and never feel deprived!
See pages 76-79.

Each smart snack on pages 76-77 is easy to fix and comes in at less than 100 calories. These should be eaten at snack times only and added to your daily calorie total.