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10 Healthy Weight Loss Snacks

People on weight loss programs are always looking for healthy weight loss snacks. When you want to lose weight, starving yourself is unhealthy, and most people like to have snacks during the day. But you don't want to keep eating the snacks that have resulted in you becoming overweight. What you need are healthy weight loss snacks that will satisfy your hunger without the calorie overload.

So what are the best healthy weight loss snacks. I did some research to discover on healthy snack foods and here are my results.

Top 10 healthy weight loss snacks:

1. Canned Fish -- Fish like tuna and salmon in a 3oz tin are a portion controlled snack low on calories and very high in protein. Use it as a topping on some rice crackers or rice thins or eat straight from the can. The protein fills you up and the omega 3 will help protect you from heart disease and more.
2. Carrots -- Carrots are rich in fiber and low in calories. Fiber helps satisfy your hunger for longer. Baby carrots are especially healthy.
3. Celery -- Did you know that digesting celery consumes more calories than it contains? Celery is probably the closest thing to a negative calorie food you will find. How cool is that? Make some nice tzatziki dip (no-fat yogurt, crushed garlic and grated cucumber) for a delicious accompaniment.
4. Dried fruit -- Dried fruit makes an excellent snack at any time of day. Great, energy packed, nutritious pick-me-up. But remember to control the portion size, just because it doesn't look like much each little piece can be a whole piece of fruit (like a grape etc).
5. Energy bars -- Energy bars are an excellent portion controlled snack that will also satisfy your sweet tooth. They generally contain 130-150 calories. For many dieters, these snacks provide a guilt free chocolate fix!
6. Fat-free Cool Whip -- Fat free cool whip is a great substitute for cream in your diet. Use it as a topping for jello or mix it with fresh or frozen fruit because both fat-free Cool Whip and fruit are low in calories. Anywhere you would normally use cream you can use cool whip.
7. Fruit -- Frozen, fresh or canned (in natural juice of course)! Refridgerate for several hours or overnight and consume it straight from the can or with a dollop of fat free cool whip. Use your favorite canned fruits or fruit medleys.
8. Low-fat plain yogurt -- Not only is yogurt a healthy snack on it's own, but it can also be used as an alternative for mayonnaise in some dishes, in particular, salads. Try yogurt on your next salad and taste the difference. Or, mix it with some fresh or frozen fruit for a healthy fruit yogurt.
9. Peanuts -- Did you know that peanuts are not nuts? They are actually a legume, or member of the bean family. The identity crisis of the peanut is evident in it's name... pea-nut. Like all legumes, peanuts are a healthy, protein rich snack that will satisfy your hunger for hours. Spread it on a couple of rice crackers or rice thins for a delicious snack.
10. Ricotta or Cottage cheese -- Ricotta is not as wet as cottage cheese and makes a great substitute for butter or margarine with around quarter of the calories. Many dieters enjoy cottage or ricotta cheese as a breakfast food, but it also makes a great snack as well. Mix it with some fruit or sweet chilli sauce for something different.

So there have ten delicious, satisfying snack ideas to assist with weight loss. Just walk to the grocery store (so you can get some exercise), purchase them and bring home to enjoy these healthy weight loss snacks!

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