

7 Healthy Snack Swaps for Every Lifestyle

A nutritionist shares her go-to snacks for workaholics, fitness fanatics, socialites, and everyone else who needs nourishing snacks on the go



By [Jackie Newgent](#) in [Health+Fitness](#)

It's [National Nutrition Month](#)! So there's no better time to kick off healthier eating habits than the present, especially since this year's theme is "Bite into a Healthy Lifestyle."

The best approach to forming a healthier lifestyle is to start small. Pick one food habit to improve. Getting more nutrition for the calories you eat is a good goal. Because snacking is one all-too-easy way to fill up on calories without much nutrition, that can be the best place to start when making better-for-you changes.

How to Snack Smarter

The overall purpose of snacking is to fill in nutrient or energy gaps, so you need the right snack for your needs. To start, have fresh seasonal fruits and nuts or seeds on-hand, like strawberries and almonds, apples and pistachios, raspberries and sunflower seeds, or peaches and pecans.

These pairings are excellent, nutrient-rich snack picks. Of course, kicking up non-starchy vegetables in your snacktime repertoire is an excellent idea, too. A simple leafy salad can be a refreshing and satisfying bite. Toss a prepared organic egg on top and it's a well-balanced bet.

You'll also want to mix things up to keep healthful snack choices interesting. Try these seven sweet and savory snack swaps for better nutrition that can fit into any lifestyle. Simply pick what best describes you, then plan for the snack. The foods range from just a little nibble to a substantial bite. The bonus: they're all delicious!

Option #1: Grab-and-Goer

Instead of: A package of chocolate covered peanut butter cups

Snack on this: A [KIND Healthy Grains® Peanut Butter Dark Chocolate bar](#)



Photo source: [KIND](#)

Why? By reaching for this KIND bar when in a rush, you'll still be getting the delectable duo of peanut butter and chocolate you desire, but you'll also be getting 18 grams of whole grains and a good source of fiber — as well as 60 fewer calories and 13 grams less sugar!

Option #2: Socialite

Instead of: A glass or two of champagne

Snack on this: A champagne glass filled with [Calavo Avocado Chocolate Mousse](#)



Photo source: [Calavo](#)

Why? You'll get a double whammy of heart-protective benefits from the Hass avocado and cocoa in this all-natural vegan sweet treat. Plus you'll never get a hangover by savoring a fashionable flute of this mousse! (Hint: If you can't find this mousse, make my [Dark Chocolate-Strawberry Mousse Pudding](#).)



Photo source: [Jackie Newgent](#)

Option #3: Tree Hugger

Instead of: Veggies with organic non-dairy ranch dressing

Snack on this: Veggies with [Hope Dips Organic Super Hemp Hummus](#)



Photo source: [Hope Foods](#)

Why? Even when a dressing or dip sounds healthful, it can still be mostly a mixture of oil, sugars, and salt. By dipping vegetables into hummus based on beans, tahini (sesame seeds), and hemp seeds, you'll be getting a filling, flavorful boost of fiber, protein, omega-3s, and vitamin E. Classic hummus without hemp is always a nutritious pick as well.

Option #4: Workaholic

Instead of: A bag of salted pretzels

Snack on this: A serving of [Just Sea Salt or Olive Oil & Herbs Quinn Popcorn](#)



Photo source: [Quinn Popcorn](#)

Why? When you have the “munchies” but can’t get away from your computer or electronic device, choosing a whole-grain snack rather than a highly processed “white” flour-based one

will help satisfy your energy gap more nutritiously. Popcorn is a whole-grain food that provides an antioxidant punch. What's more, this tasty organic version is made in a compostable, chemical-liner-free microwave bag. (Hint: Also be on the lookout for other whole-grain popped snacks, like popped sourghum!)

Option #5: Fitness Fanatic

Instead of: A vanilla protein shake made from a mix

Snack on this: A 10-ounce bottle of [Stonyfield Organic OP Vanilla Smoothie](#)



Photo source: [Stonyfield](#)

Why? After a sweaty workout, you'll be able to maintain your muscles, reload the glycogen (stored carbs) in your muscles, and replenish electrolytes, including potassium and sodium, with this organic smoothie. The bonus is that high-quality protein is found here in its natural whole form coupled with a notable dose of gut-friendly probiotics.

Option #6: Vitality Seeker

Instead of: A can of energy drink

Snack on this: A [Mamma Chia Blackberry Bliss Chia Squeeze](#)



Photo source: [Mamma Chia](#)

Why? You'll get organic chia seeds, fruits, and vegetables, as well as a significant amount of omega-3s, fiber, and so much more — all in a squeeze pouch. It'll give you energy due to the natural ingredients, not due to added caffeine or added sugars.

Option #7: Kid at Heart

Instead of: A package of fruit-flavored candy chews

Snack on this: A [Green Passion Paleo Passion Pop](#)



Photo source: [Green Passion](#)

Why? Instead of added sugars and artificial flavors or colors, you'll have fun enjoying a fruity vegan ice pop made with no added sugar and only natural ingredients, including peach puree,

green tea, kale, and spinach. It's bursting with vitamin C and anti-inflammatory properties at just 80 calories a pop. (Hint: Make your own "DIY" pops with frozen grapes, fresh strawberries, or grilled peach or pineapple wedges on bamboo skewers, too.)

Disclosure Note: Jackie Newgent, RDN, CDN is spokesperson for KIND.



Jackie Newgent, RDN, CDN, is a Brooklyn, New York-based chef, registered dietitian, nutritionist, professional recipe developer, and media personality. She's the author of 1,000 Low-Calorie Recipes and Big Green Cookbook and the award-winning The With or Without Meat Cookbook and The All-Natural Diabetes Cookbook. She's also a chef instructor at the Institute of Culinary Education, a frequent contributor to Every Day with Rachael Ray magazine, and a former national media spokesperson for the Academy of Nutrition and Dietetics. To learn more about Jackie, follow her on [Twitter](#), [Facebook](#), [Instagram](#), or [Pinterest](#), or visit her website, jackienewgent.com, or blog, [tasteovers by jackie](#).

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