

BEAUTY & HEALTH

CRUNCH TIME
THE HEALTHY
FAT FOUND IN
NUTS CAN HELP
SUPPRESS THE
HORMONE THAT
MAKES YOU
FEEL HUNGRY.



power bites

Experts pick the perfect snack for every occasion, from study time to sugar cravings.

pre-workout essential

FRESH FRUIT

Help yourself to fruit 30 minutes before hitting the gym. "It's easy to digest, so you won't experience cramping, which some people get with protein," says New York City registered dietitian Heather Bauer.

in-a-hurry option

STRING CHEESE

Running late? Turn to prepackaged alternatives. "String cheese is an easy choice. It'll give you energy *and* calcium," says New York City-based nutritionist Oz Garcia.

sweet-tooth satisfier

FRUIT-FLAVORED YOGURT

When the urge to reach for something sugary hits, Bauer suggests putting a low-fat fruit yogurt in the freezer. "After about fifteen minutes, it'll become like frozen yogurt, and will seem like a dessert," she says.

best study food

MIXED NUTS

The protein in nuts will keep you energized through a long study session. Just make sure not to overdo it: While nuts are packed with healthy fats, anything more than a handful will mean a lot of calories, says Garcia.

movie-night pick

LOW-CAL POPCORN

"Instead of the pre-buttered stuff—which can contain unhealthy trans fats—choose an unbuttered version and melt low-fat shredded cheese over it," says Bauer. And with individual microwavable bags, it's a cinch to stick to a single serving. —JANE SHIN PARK