

Light snack options

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Just three meals a day are hardly enough to keep hunger pangs at bay. Most of us require mini snacks to get us through the day. In fact it's recommended that we eat something every three hours. Mid-morning and mid-evening snacks are very good for us, as long as we don't binge. If dinner is going to be served very late, snacking in the evening too isn't a bad option.

Here are a few things we can munch or sip on during the day.

- * A pot of flavoured yogurt
- * A Granola bar
- * A glass of skimmed milk
- * Two cups of popcorn
- * One cup kurmura/mudi
- * Salad sticks with hung curd dip
- * Half cup chana
- * Two khakhras
- * Three to four Marie biscuits or cream crackers
- * Two idlis with sambar
- * Wholewheat bread sandwich
- * Baked snacks
- * Roasted chiwda
- * A fruit

The writer is a qualified nutritionist

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