

Foods That Will Allow You To Lose Weight While Snacking

Today's current trends of diets have people turning from carbohydrates, alcohol, and other guilty pleasures. This is causing failure in many diet attempts, but it does not have to be this way. You can enjoy many snack foods without feeling bad about your binge. The trick is learning which foods are okay for snacking.

Yum! Chicken nuggets. Virtually every person craves these tasty morsels. Their fat content is horrifying, however. Instead of a fried chicken nugget, try baking them. Slice up some boneless chicken breast; dip it in a mixture of egg white and water and then coat in ground almonds or whole wheat bread crumbs. Bake at 400 for half an hour and you have a new twist on an old favorite.

There is a wide array of baked potato and tortilla chips on the market. Salsa is rich in antioxidants and fat-free. You can enjoy a bowl of baked tortilla chips and serve some delicious salsa alongside it. This snack is both good for you and will satisfy your chip craving.

If you prefer guacamole with your baked tortilla chips, go for it. Avocados are rich in fats that raise good cholesterol levels. If you do not like the taste of avocado try using mashed peas instead.

Baby carrots served with a low-fat or no-fat dressing are an easy to make and delicious treat for any hour of the day.

Cook a couple of potatoes in the microwave and then scoop out the middle flesh. Slice the remaining skin into large sections and pan fry in a skillet sprayed with non-stick spray. Serve these potato skins along with some fat-free sour cream.

Popcorn is a neat treat that can be very healthy. Air pop it and eat it without butter. If the taste of unbuttered popcorn is too much, use some of the fat free butter sprays (Olivio uses a blend of olive oils that is scrumptious and available in many countries) to add a little flavor.

Jell-O, a childhood favorite, is fat-free and satisfying. The sugar-free versions cut calories completely. Add a dollop of fat-free whipped cream and you have a perfect dessert.

Deviled Eggs, if eaten in moderation, can be made with fat-free mayonnaise. Add some horseradish for extra zip.

Pita Bread, especially if the pita bread is whole wheat, can be baked crispy and served in place of tortilla chips. Serve wedges of fresh tortilla bread with fresh vegetables and yogurt-based dips.

You can also make a version of croutons using whole wheat bread, olive oil and garlic along with other desired seasonings. Bake these in an oven set at 300 for a couple hours. The resulting product is a crouton that is good for you and extremely satisfying.

Regardless of your desires, there are alternatives to high-fat, bad for you snacks. Use your imagination and you will find you do not have to run crying from some of your favorite guilt foods.

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About the Author

Gregg Hall is an author living in Navarre Beach Florida. Find more about this as well as custom gift baskets at <http://www.gourmetgiftbasketsplus.com>