

## POWER SNACKS

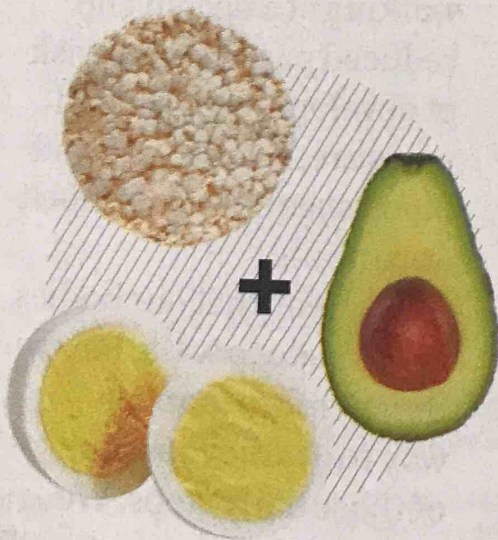
Fuel up with these nutritious bites before your walk. They're full of fiber and satiating fats, which keep blood sugar steady and give you sustained energy, says Eliza Whetzel, RD, of Middleberg Nutrition in New York City. When building snacks, keep the fat source to one to two tablespoons (or around a quarter cup for avocado).



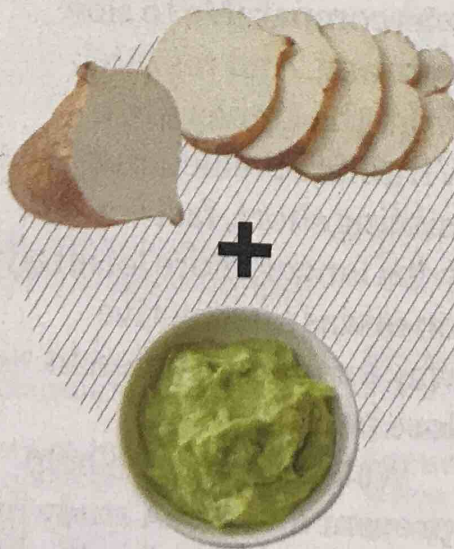
*2 to 3 cups popcorn +  
1 tablespoon dark chocolate  
chips + 1 tablespoon  
unsweetened coconut flakes*



*2 turkey slices + 5 olives +  
1 tablespoon hummus wrapped  
in butter lettuce*



*1 rice cake + 1/4 mashed  
avocado + 1 hard-boiled  
egg on top*



*1 cup sliced jicama + 1/4 cup  
guacamole*



*1 Wasa cracker + 1 Laughing  
Cow cheese wedge + 2 ounces  
smoked salmon*