



HEALTHY AT HOME

BITE CLUB

Dietitians reveal what they keep in their freezers, fridges, and pantries for smart snacking.

BY MARNIE SCHWARTZ

SUMMER IS HIGH SNACKING

season. The days can seem less structured, yet somehow busier. The kids are home (or, um, *still* home) and always hungry. Turning on the stove or oven holds all the appeal of stepping into a sauna. Plus, appetites often ebb in the heat, making three square meals less enticing. No wonder it's tempting to just graze the day away.

Snacking more isn't necessarily bad, but your snacks need to work harder for you, says Samantha Cassetty, RDN, a dietitian in New York City. When snacks are a significant portion of your daily diet, it's important that most of them provide actual nutrition, though it's OK for some to veer into treat territory. Cassetty's general rule: At least one of your daily noshes should have a fruit or vegetable and a source of fat or protein. That combo will keep you full and fueled up. Fortunately, fresh produce is abundant in summer. So start there, then line your shelves with these delicious store-bought and simple DIY options.

When buying snacks, look for ones with minimal ingredients and little added sugar.

STOCK YOUR FREEZER

An ice-cold treat hits the spot on a sweltering day. Frozen fruit, like cherries and grapes, is super refreshing, as are homemade smoothie pops. Or pick up one of these individually portioned, healthyish treats from the freezer aisle.

**Yasso Poppables**

From the maker of beloved frozen yogurt pops, these are bite-size balls of creamy frozen Greek yogurt (vanilla bean, mint, sea salt caramel, or coffee) wrapped in a chocolaty quinoa-crunch coating.

TO BUY: \$6.50 for 6; yasso.com for stores.

DIY: Frozen Banana Bites

Peel and slice a banana. Place slices on a baking sheet lined with parchment paper and sprinkle with cinnamon, cocoa powder, cardamom, or a mix. Freeze, then transfer to a storage container. Pull out a few chunks when you want a bite of something creamy and sweet, Cassetty says. If you're feeling extra fancy, put a handful in a bowl and drizzle with tahini.

**GoodPop Twin Pops**

With two sticks, just like the iconic treats of your childhood summers, these organic, 100 percent fruit juice pops with no added sugar are shareable. But you'll probably want to eat both halves yourself. Our flavor faves include sweet cherry (pictured opposite) and Valencia orange. **TO BUY:** \$5 for 4; goodpops.com for stores.

DIY: Chilly Chocolate-Coconut Energy Balls

Tamar Samuels, RDN, recommends these easy treats: Mix together 1 cup unsweetened peanut butter, 1/4 cup each honey, coconut flour, and protein powder (Samuels uses collagen peptides), and 3 tablespoons dark chocolate chips. Form into balls and freeze. Defrost for 5 minutes and enjoy.

HOW TO PACK A COOLER

Perishables shouldn't be unrefrigerated for more than two hours—or one hour if the temperature is above 90 degrees. Keep food safe and cool with these tips.

DOUBLE UP

Every time you open your cooler to get a drink, coldness escapes. Since there's less of a food-safety concern with most beverages, Cassetty suggests packing your food and drinks separately.

GO BIG ON ICE PACKS

Use larger ones to line the bottom and walls of your cooler. After you've added the food, stick little flexible ice packs wherever they fit, wrapping them around items that are especially perishable, Samuels says. Then fill a large zip-top bag with ice and put that on top.

STASH IT IN THE SHADE

Even with ice packs, direct sun can heat up a cooler quickly, says Frances Largeman-Roth, RDN. Park your cooler in a shady spot, like under a tree or in your beach tent.



STOCK YOUR FRIDGE

Snacks with protein and fiber will keep hunger at bay between meals, as well as optimize your blood sugar, says Samuels, who cofounded the nutrition coaching firm Culina Health. Pair these picks with fruit or snackable veggies, like baby carrots, sugar snap peas, and mini bell peppers.



Hope Cashew & Almond Dips

Swap out your usual dip for a nut-based blend in flavors like spinach-artichoke, French onion, and avocado ranch.

Add crunchy veggies for a well-rounded snack.

TO BUY: \$6 for 8 oz.; hopefoods.com for stores.



Good Culture 3g Cottage Cheese

These cute cups come in pineapple, raspberry, strawberry (pictured above), and peach, among other flavors. They boast gut-healthy probiotics and 15 grams of protein. Plus, there's no added sugar—they're sweetened with stevia. **TO BUY:** \$1.90 for 5 oz.; goodculture.com for stores.



Kite Hill Blissful Unsweetened Coconut Milk Yogurt

Ultra-rich and super creamy, this dairy-free yogurt has only one gram of sugar per serving. Dress it up with fruit or nuts, or just spoon it au naturel. **TO BUY:** \$6 for 16 oz.; kite-hill.com for stores.

DIY:
Watermelon Salad
Hydrating and sweet, watermelon is the epitome of smart summer snacking. Cassetty suggests adding 1 to 2 tablespoons chopped walnuts and 1 tablespoon crumbled feta to 1 cup cubed melon. The healthy fat and hit of protein will help you stay satiated.

STOCK YOUR PANTRY

Shelf-stable foods are ideal to keep around the house, of course, but they’re also lifesavers on the go, says Largeman-Roth, the author of *Smoothies & Juices* and a mom of three. She keeps a snack bag in her car all summer to fuel adventures at the playground and beach. At the store, look for whole-food ingredients and minimal amounts of added sugar, she says. If snacks contain grains, they should be predominantly whole ones, like oats, brown rice, or quinoa.



Artisan Tropic Plantain Strips

Largeman-Roth loves to eat these “summery and delightful” chips with guacamole. They’ve got a satisfying crunch, unique flavor, and short ingredient list. **TO BUY:** \$4.30 for 4.5 oz.; artisantropic.com for stores.



Bada Bean Bada Boom Snacking Beans

Crunchy and full of flavor, as well as protein and fiber, these dried fava beans (pictured below) are as irresistible as potato chips. Try the Nacho Cheeze or Everything Bagel varieties. **TO BUY:** \$4 for 4.5 oz.; badabeansnacks.com for stores.



Diamond of California Snack Walnuts

Walnuts are a source of good-for-you omega-3 fats, protein, fiber, and antioxidants. These snackable versions come in flavors like hot honey, teriyaki and wasabi, chile lime, and salted dark chocolate. **TO BUY:** \$4 for 4 oz.; diamondnuts.com for stores.



Simple Mills Organic Seed Flour Crackers

A tasty gluten-free option, these crackers have no added sugar and come in original, garlic and herb, and everything varieties. Just add some cheese or nut butter. **TO BUY:** \$5 for 4.25 oz.; simplemills.com for stores.

DIY: Popcorn Trail Mix

Whether you’re on a hike or enjoying an outdoor movie night, this trail mix from Largeman-Roth will satisfy sweet, salty, and crunchy cravings. Mix a bag of popped microwave popcorn (or about 7 cups air-popped popcorn) with ½ cup each raisins, almonds, and M&M’s.

