

Healthy snacks that help you lose weight

Craving for snacks but afraid of gaining weight? Don't worry, let's explore together many types of weight loss snacks that are high in fiber, low in calories without making you try to starve yourself.

Craving for snacks but afraid of gaining weight? Don't worry, let's explore together a variety of **high-fiber, low-calorie weight loss snacks that won't make you try to starve yourself**.



Losing weight doesn't have to mean bingeing on boring, tasteless snacks. In fact, filling your diet with foods you enjoy can help you maintain your weight loss progress and willpower over the long term.

The key is to focus on snacks that are nutrient-dense, high in fiber and protein while being relatively low in calories. This combination helps you feel full and satisfied, making it easier to maintain a healthy calorie deficit and support successful weight loss goals.

If your goal is to lose weight, limiting added sugars and empty calories can also help. Foods and drinks high in added sugars or saturated fats not only provide empty calories, but can also slow weight loss and contribute to body fat. Added sugars are often found in condiments, snacks, and drinks, while saturated fats are often found in products made with butter, cream, and fatty meats.

To help you stay on track and feel full throughout the day, here are the best snacks for healthy weight loss.

Apple and nut butter

The natural sweetness of apples not only satisfies your sweet tooth, but they also provide fiber and a variety of vitamins and minerals. A medium-sized apple provides about 4 grams of fiber, which can help keep you full

between meals. An apple is a great snack choice, but when paired with nut butter, this snack is even more beneficial for weight loss. The healthy fats, protein, and fiber in nut butters, like peanut and almond, make this snack more filling while adding a delicious flavor.

Carrots and hummus



A classic snack, hummus is another great food for weight loss. With chickpeas as the 'core' of this dish, you'll have filling fiber + protein before you even add the veggies. Adding carrots or any other non-starchy vegetable can boost the fiber even more while adding just a few calories to this side dish. The crunch of raw veggies is appealing, and when combined with the rich, creamy hummus, you'll have a filling snack packed with flavor and healthy fats.

String cheese

String cheese - a lunchbox side dish is also a great snack for weight loss. One string of low-fat mozzarella cheese has under 100 calories and 6 grams of protein. While you won't get any fiber from the cheese, the protein is enough to make it a satisfying snack. And, at just 80 calories, you can pair your cheese with another low-calorie food. Berries, for example, are a great way to add bulk and fiber to your snack for relatively few calories.

Jerky



Jerky is a great snack for weight loss because it is high in protein and relatively low in calories and fat. Most versions are also low in carbohydrates, making it great for those on a low-carb diet. Beef jerky is also great for on-the-go because it doesn't need to be refrigerated. However, be aware that jerky can be high in sodium, so compare brands and look for options with less than 500mg of sodium per serving. If you prefer portion-controlled options, look for individually wrapped beef sticks for a high-protein snack.

Yogurt with raspberries

Greek yogurt is a great source of protein and also provides important micronutrients, such as calcium. The best options for weight loss are plain or flavored yogurts with no added sugar. The combination of filling protein from yogurt and fiber-rich raspberries makes for a filling and satisfying snack. A plain yogurt topped with berries can easily provide over 10 grams of protein for less than 150 calories. If you need more calories, add some nuts to your yogurt for a healthy fat and fiber boost.

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