

# GLAMOUR HEALTH & FITNESS

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by Amy Ahlberg

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**Healthy Snack: 1 Dr. Kracker Pumpkin Seed Flatbread With 1 Babybel Light (150 Calories)**

Says Beller: "This portable gourmet flatbread and cheese solution totally tastes like you're cheating. Each hearty-size flatbread is loaded with seeds that not only add a nutritional bonus but also taste amazing."

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- Afternoon Snack: The Dietician-Approved Post-Workout Snack

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**Healthy Snack: 2 Kavli Golden Rye or Wasa Fiber Rye Crispbreads With 2 Tablespoons Hummus and Cucumber (120 Calories)**

"With a short ingredient list and visible whole grains, these crackers are skinny without skimping out on flavor and nutrition. Top with hummus and sliced cucumber and you've got a gratifying, energy-boosting trio," says Rachel Beller, R.D.

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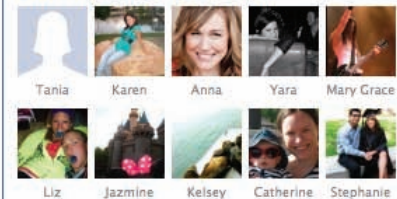


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**Healthy Snack: 1 Nori Seaweed Sheet With 2 to 3 Ounces of Reduced-Fat Tuna Salad or Wild Salmon Salad (90-110 Calories)**

"Nori is what's wrapped around sushi rolls; it sounds exotic, but for under \$2, you can easily grab yourself a 12-pack at your local market," says Beller. "It's a nutritional superstar that's chock-full of folate, iron, calcium and potassium. Roll it around omega-rich salmon or tuna salad—add some veggies, if you want—and you've got the ultimate health-protective yet..."

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