

This is the time of the year when eating is the perfect fix for procrastinating. Instead, take a shower, call a friend or go out for a quick walk. Plan your study breaks and give yourself a satisfying snack instead of eating handfuls of food. **Below are some low calorie non-hunger munchie foods to have on hand AND satisfying snacks to beat grazing.** Non-hunger snack foods are just that: they will not satisfy hunger but sometimes fit the bill. Satisfying Snack foods can even be a small meal if the dining hall is open:

NON-HUNGER FOODS

- ✦ Baby carrots or other raw veggies
- ✦ Popcorn (no oil, air popped)
- ✦ Frozen fruit or frozen popsicle
- ✦ Tootsie roll pop
- ✦ Sugar Daddy Pop
- ✦ Herbal tea
- ✦ Hot cocoa

SATISFYING SNACK FOODS

- ✦ Soup
- ✦ Flour tortilla with salsa (add some cheese and microwave if possible)
- ✦ Steamed Edamame and tea
- ✦ Cereal and skim milk
- ✦ Yogurt and toast
- ✦ Hot cereal with brown sugar
- ✦ Peanut butter sandwich