

If you spend whole days on the beach, it is important to take food with you to maintain water balance and energy level. These are the most useful options.

Watermelon. It consists of more than 90% water, rich in lycopine, which protects the skin from UV radiation. To make a snack more hearty, combine a watermelon with a protein source.

Guacamole with Free potatoes. This is a sauce rich in fiber. It is made of avocado puree, sometimes adding chopped onions and tomatoes, lime juice. Combine guacamole with vegetable sticks, tortilla or bananas.

Pineapple. This fruit is 86% water, contains a lot of vitamin C, B6, copper, powerful antioxidants.

cherry. It contains a large number of antioxidants, vitamin C, fiber. For a more hearty snack, combine cherries with salty almonds.

Sandwich with a turkey. This is a good source of protein, B vitamins, Selena, Zinc. Also add salad, slices of tomatoes, cheese Cheddar, cream humus or mashed potatoes from avocado to sandwiches.

Chicken salad. Mix it with cucumber circles, salad cups, banana or crostini chips. This will make the snack even more satisfying.



Guillermo Spelucin / Getty images

Fried Edamam. They are rich in protein, fiber, healthy fats. Combine these beans with fresh fruits or dried meat for a more satisfying snack.

Antipasto on skewers. To prepare them, string cherry tomatoes, mozzarella balls, olives, artichokes and fried red pepper on wooden skewers. Sprinkle everything with olive oil, salt, pepper, season with Italian herbs.

Humus and vegetables. This is a great choice for losing weight. Serve a humus with Peta chips, fresh vegetable sticks, crackers or your favorite chips.

Drag. Buy dried fruits without added sugar. You can also make a mixture of nuts and dried fruits at home yourself.

Troops from turkey. Each such stick contains 12 g of protein. Combine them with other nutrient products: fresh or dried fruits, vegetable sticks, cheese.

Pineapple and other healthy snacks that can be taken to the beach

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.