

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 lycopene, 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.



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**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.

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