

Some types of snacks can reduce hunger, normalize blood sugar, and maintain muscle mass. This facilitates the loss of weight in general. Tara Collingwood, Master of Sciences, a registered nutritionist, a certified sports nutritionist, told what products will help in this.

Greek yogurt with berries. This snack contains a lot of protein, fiber and antioxidants. They give a feeling of satiety and help prevent blood sugar levels in the blood.

Apple slices with almond oil. You will receive a combination of fiber from fruits and healthy fats.

Humus with raw vegetables. Carrots, Bulgarian pepper and cucumbers combined with Humus contain few calories, but a lot of nutrients.

Current with cinnamon. Cottage cheese will help you maintain muscle mass and reduce hunger. A pinch of cinnamon will give a taste to the dish without adding sugar.



SHUTTERSTOCK

The eggs are screwed. They are rich in protein and help easily curb the hunger between meals.

A small handful of mixture of nuts. But they are highly calorie, so follow the size of the portions.

Air popcorn. It contains a lot of fiber and few calories, unless you add oil to it.

This is anamada. These beans are rich in vegetable protein, fiber and important nutrients.

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