

## Greek yogurt with berries and other snacks that will save from fat on the stomach in a month

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.



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**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.

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