

Nuts GOOD

_____ are an ideal nutritious snack.

They're linked to a reduced risk of heart disease and may help prevent certain cancers, depression, and other illnesses

Despite being relatively [high in fat](#), they are very filling. They provide the perfect balance of healthy fat, [protein](#), and fiber. They contain 180 calories in a 1-ounce (28-gram) serving, on average.

Because they don't require refrigeration, they're perfect for taking on the go.

Cereal

It sounds like a harmless breakfast food, but most varieties are full of sugar and lack any nutrients.

They are filled with meaningless health claims and can lead to a spike and crash in your blood sugar levels. Choose versions low in sugar and high in fiber, and pay particular attention to portion size.

Sugar-free desserts

If something doesn't contain sugar, it must be good, right? Unfortunately, sugar-free doesn't mean it's free of other unhealthy ingredients as well, and oftentimes [even worse sugar substitutes](#) are added in its place. "If you choose the sugar-free version, companies will add more fat, salt and some sort of sugar substitute to make you think you're eating the real thing. The problem is that most of these sugar alcohols can bother your stomach and make you bloated, gassy, and uncomfortable.

Fat-free salad dressing

Experts always warn about heavy salad dressings ruining your salads, so it might be tempting to opt for a fat-free version. However, [fat is an important nutrient to keep you satiated](#), and when brands remove fat from their dressings, [they often add in a whole load of other unhealthy ingredients](#) such as sugar, salt, and additives.

Fruit Juice

_____ is trendy these days, but most nutritionists won't touch the drink, as many fruit-based options are high in sugar. You're better off eating those 60 grams of sugar in the whole fruit or vegetable form. Your body will have to do more work to break it all down, leaving you fuller longer."

Apple GOOD

_____ are extremely rich in important [antioxidants](#), flavanoids, and dietary fiber.

They may help reduce the risk of developing [cancer](#), [diabetes](#), and [heart disease](#).

Greek yoghurt with mixed berries GOOD

Plain _____ make a delicious, [nutrient-dense](#) snack.

In addition to being a great source of calcium and potassium, _____ is also [high in protein](#) .

_____ are one of the best sources of antioxidants around. Eat a mixture of differently colored _____ to get an array of these powerful compounds .

Cherry tomatoes with mozzarella - GOOD

_____ and _____ are a flavor match made in heaven — and they're healthy, too. _____ are rich in vitamin C, potassium, and lycopene, an antioxidant that may reduce your risk of cancer and heart disease.

_____ is high in protein, calcium and vitamin B12. It may also decrease heart disease risk by raising your levels of HDL (good) cholesterol .

Olives GOOD

_____ are one of the nutritious staples of the [Mediterranean diet](#).

They are very high in heart-healthy monounsaturated fats and provide powerful antioxidants like oleuropein.

The plant compounds in _____ may reduce inflammation, [insulin resistance](#), and cancer risk

Hard boiled eggs GOOD

_____ are one of the healthiest and most [weight-loss-friendly foods](#) you can eat.

They pack plenty of protein, as well as vitamins K2 and B12.

They are incredibly filling and may reduce the number of calories you eat for many hours, which should help you lose weight

Although their high [cholesterol content](#) gave them a bad reputation for years, more recent studies suggest that moderate intake doesn't have any effect on your risk of heart disease

Pre-flavoured Oatmeal

Packets of flavored, instant-cooking _____ tend to be high in sugar and made from _____ that are highly processed to ensure a faster cooking time — meaning they'll be lower in fiber and provide less satiety, and ultimately not keep you that full for long.

Healthy swap: Opt for steel-cut or rolled _____ made without added flavoring, sugar, or preservatives. Both options are less processed — as they aren't designed to cook instantly — are digested at a slower rate, and will keep you fuller longer. To add a bit of flavor, add a spoonful of nut butter or pieces of fresh fruit.

Granola Bars

The idea of granola is great — whole grains mixed with some fruit for flavor and nuts for healthy fats and protein. But prepackaged granola tends to be high on the flavor and low on the nutrition. Plus it's pretty calorically dense, meaning lots of calories in a relatively small serving.

Healthy swap: Look for, or make, [bars low in added sugar and additives](#), like Larabars, which contain nine ingredients or less and come without preservatives or artificial ingredients.

Microwave PopCorn

Store-bought _____ options can be excessively high in sodium, with [each bag](#) containing more than [your suggested allowance of 2,300 milligrams per day](#).

Healthy swap: Pop your own _____ by placing a quarter cup of popcorn kernels in a paper bag, and microwaving. Add a little butter, salt, pepper, maybe coconut oil...whatever!