



Apple & Almonds

When selecting a snack, it is best to combine some protein with some healthy carbs. Apples are an excellent choice they contain pectin which helps reduce cholesterol levels by reducing insulin secretion. They are also packed with great vitamin A and C and flavonoids. The old saying – “An apple a day keeps the doctor away” is still great advice!

Other good choices of fruit would be pears, blueberries and strawberries.

A serving of almonds is best kept to about 12 almonds or a small handful. The essential fatty acids that are packed in almonds help boost metabolism.

Other nuts are also good sources of protein, especially walnuts and pecans. The key is to keep the serving to about $\frac{1}{4}$ cup.

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