

IF YOU VISIT A NUTRITIONIST

Before You Go

Prepare a three- to seven-day food log so your nutritionist gets a good sense of how you currently eat.

Whom to See

Look for a dietitian who is credentialed through the American Dietetic Association. Check the ADA Web site (eatright.org), or ask friends for recommendations.

Cost

Expect to pay \$75 to \$350 for the first visit, depending on your location; follow-ups are usually less. Your insurance plan may cover the bill.

Frequency

Most nutritionists want to see you once every few weeks for three to six months.

Results

You should see improvements in your weight, energy levels and mood within two weeks.

SNACKS THAT WORK FOR EVERYBODY

Turkey roll-ups

Try a few slices of turkey rolled around string cheese and some lettuce or cucumber. The combination of lean protein and some fat is a nutritionally balanced snack.

▼ Dairy with fruit

The mix of low-fat dairy like yogurt or soft cheese (ricotta, cottage, string) and high-fiber berries provides protein, calcium and antioxidants and keeps blood sugar stable.



► All-natural energy bars

Go for energy bars made of only natural ingredients, with a healthy carb-to-protein ratio, like Larabar, Luna or Pria (the latter two contain soy). Larabar's new high-fiber organic chocolate treat—Jocalat—is a satisfying alternative to a sugary dessert.



▲ Edamame

Often eaten as appetizers in Japanese restaurants, these steamed soybeans can be found in a supermarket's freezer section and are a low-fat source of protein.

Popcorn with Parmesan

Three cups of air-popped popcorn (no butter) topped with one to two tablespoons of grated Parmesan is low in calories and high in taste.

Apples with almond butter

A few slices of apple smeared with almond butter is a sweet and savory healthy snack. The apple is a good source of soluble fiber (so you feel full), and the almond butter is a vitamin-rich, monounsaturated fat. —Maggie Kim



Try it!
For more healthy snack ideas and free samples go to instyle.com/snacks.

THE EXPERTS

CAROLYN BALLEEN Holistic health coach, Nourish **JOY BAUER** President and founder, Joy Bauer Nutrition
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