



## Take this snack satisfaction advice from Registered Dietitian/Nutritionists and The Laughing Cow® Brand Advocates, Keri Gans and Keri Glassman:

**Keri Gans, RDN**, offers these five tips to reinvent your snacking:

- **Mix and match:** When making the perfect snack, go for a mix of textures and nutrients. Try spreading a wedge of The Laughing Cow® Cheese atop cucumbers and top with sunflower seeds for added crunch and protein.
- Be **mindful**. Don't just grab a bag of chips and plop down in front of the TV. Take a moment to sit down and enjoy the food you're putting in your body.
- **Snack often:** Snacks are what satiate us between meals, so be sure to grab a snack when your mid-morning or mid-afternoon hunger strikes.
- Look for **simple solutions**. Be sure to keep your fridge and pantry stocked with easy snack items that you can savor any time of day.
- Make **small changes** in order to achieve total snack satisfaction. Try carving 10 minutes out of the day/week, or making your snacks the night before, so you'll be ready for ultimate snack satisfaction the next day.

*Keri Gans is a Registered Dietitian/Nutritionist, Spokesperson and Media Personality with a private practice in New York City. She is the author of The Small Change Diet (Gallery, March 2011), a Past-Spokesperson for the Academy of Nutrition and Dietetics and a Past-President of The New York State Dietetic Association.*

Stay calm and keep snacking on with these five tips from **Keri Glassman, RDN**:

- **Hear Your Hunger.** Snacking is a great way to stabilize your blood sugar and prevent crashing in between meals. But don't just snack to snack! Be careful not to feed stress or boredom with mindless snacking, listen to your body and only eat when you are truly hungry.
- Snack on **perfect portions**. Don't let snacks become meal-sized. Remember, snacks should hold you over until you're ready for your next meal.
- Find the right **balance** of macronutrients. Well-balanced snacks contain fiber, protein and fat. Think: a juicy pear with The Laughing Cow® Creamy Original Swiss.
- Make sure that you eat **real foods!** A lot of "snack" foods like chips and pretzels lack nutritional value. Instead of helping us stay satiated between meals, these snacks often do the opposite and leave us feeling hungrier later in the day.
- **Keep a snack stash** to avoid falling victim to mindless choices. Plan ahead and keep your favorites like nuts, The Laughing Cow® Cheese, and oatmeal, on hand so you're always ready to savor snack time.

*Nationally recognized celebrity nutritionist, registered dietitian, healthy cooking expert and published author Keri Glassman is the founder and president of Keri Glassman, Nutritious Life, a nutrition practice and health and wellness brand.*

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