### Mayo Clinic Minute

**‘HALT’ before grab a snack**

<table>
<thead>
<tr>
<th>VIDEO</th>
<th>AUDIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before you grab a snack, ask yourself if you really need one.</td>
<td>“You can even think of the acronym “HALT.” So am I truly hungry? Am I angry, lonely or tired?”</td>
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</tbody>
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| Angie Murad  
**Graphic:**  
HALT  
Hungry  
Angry  
Lonely  
Tired | Dietitian Angie Murad says if your answer doesn’t start with “H,” skip the snack. She suggests taking a short walk or calling a friend ... |
| **Title:**  
Angie Murad  
Dietitian  
Mayo Clinic Healthy Living Program | “ ... or doing some type of alternate activity to get you out of that pattern of impulse eating.” |
| **Graphic:**  
Start with fruits and vegetables | If you truly are hungry, reach first for fruits and vegetables. |
| Angie Murad | “They are high in fiber, so they can help you feel satisfied for longer periods of time.” |
| **Graphic:**  
Choose lean proteins | Murad says the same is true of snacks that contain protein – like a hard-boiled egg, low-fat cheeses or hummus. |
| Angie Murad | “Nuts are also a good healthy snack.” |
| **Graphic:**  
Keep calories in check | Although, Murad cautions, nuts are higher in calories. |
| Angie Murad | “If you’re not very active, then you want to consider a snack that’s 200 calories or lower.” |
| **Graphic:**  
Less active: 100 – 200 calories  
More active: 200 – 300 calories | Think 100 to 200 calories, if you’re not moving around a lot. And, even if you are more active, try to keep snacks to less than 300 calories. |
For the Mayo Clinic News Network, I'm Jeff Olsen.