

Mayo Clinic Minute

'HALT' before grab a snack

VIDEO	AUDIO
	Before you grab a snack, ask yourself if you really need one.
Angie Murad Graphic: HALT Hungry Angry Lonely Tired	“You can even think of the acronym “HALT.” So am I truly hungry? Am I angry, lonely or tired?”
Graphic: Avoid impulse eating Take a walk Call a friend	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.