

# MAINTAIN DON'T GAIN



Don't forget to  
[track your  
progress](#)

## Week 6: Arm yourself with smarter snacks

Have you ever noticed that when you wait too long to eat something you end up pigging out? Nutritionists agree that one of the best ways to maintain your weight is by eating small meals throughout the day, with healthy snacks in between. This helps keep your metabolism up and running, and lowers your risk of overeating at mealtime. There are lots of things you can do to keep your meals and snacks lean and packed with nutrition. Try these easy tips to help you stay on track.

### Your Tips:

- **Visit your supermarket.**  
There are plenty of healthy snack options at your neighborhood grocery store – just look around. Try real food bars, veggies, nuts, edamame, or air-popped popcorn.
- **Stock up on fruits.**  
Fresh, seasonal picks are solid snack choices. Even canned or frozen fruits are healthy as long as they don't contain added sweetener.
- **Tune in to your hunger.**  
Snack when you're genuinely hungry, and not because you're stressed or bored. Also, try not to snack when you're watching TV. It's easy to lose track of how much you're eating.

### Your UCI Resources:

- Get up-to-date [menus and nutritional information](#) on Campus
- Struggling with your weight? Sign up to attend a free information session for the UC Irvine Health [Weight Management Program](#)
- Join your co-workers for a [Weight Watchers at Work](#) meeting on Campus and discover the impact of powerful group support



View a past UCI Wellness workshop:  
[Shopping 101](#)



Download a recipe created by UCI Campus Recreation Chef Jessica:  
[Fruity Swirl Chia Pudding](#)



Watch a recorded EAP webinar:  
[Resiliency: Bouncing Back After Setback](#)