



## Session 9: Manage Slips and Self-Defeating Thoughts

### Progress Review

Changes you have made so far:

**To be more active:**

Planned physical activity: \_\_\_\_\_

Spontaneous activity: \_\_\_\_\_

**To change your eating pattern:**

Fewer calories: \_\_\_\_\_

Healthier food choices: \_\_\_\_\_

**Have you reached the 7% weight loss goal?**       Yes     No

Are you on track with your personal weight loss goal?       Yes     No

**Have you reached the goal of 150 minutes per week** of physical activity?       Yes     No

Are you on track with your personal activity goal?       Yes     No

How will you continue to make progress? Describe the eating and activity changes that you are willing to focus on right now:

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## What is a Healthy Weight for You?

If you want to lose more than 7% of your Session 1 weight, keep the following in mind:

- Health care providers often use the **Body Mass Index or BMI (appendix)** to help them decide what weight is healthy for someone. It is only one of many tools. It is not perfect.
- The DPP advised participants not to go below a BMI of 21.
- **Talk with your health care provider about what weight is right for you, given your age and overall health.**
- **After talking with your health care provider,** choose a 5 pound weight range you would like to reach and maintain.

**My personal weight goal range is \_\_\_\_\_ - \_\_\_\_\_ pounds**



## The Slippery Slope of Lifestyle Change

### “Slips” are:

- Times when you do not follow your plans for healthy eating or being physically active.
- A normal part of lifestyle change.
- To be expected.

**Slips do not hurt your progress.  
What hurts your progress is the way you *react* to slips.**

What things cause you to slip from healthy eating?

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What things cause you to slip from being physically active?

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What causes you to slip is learned. It is a **habit**. The way you react to slips is also a habit.

**You can learn a *new way to react* to slips  
to get back on your feet again.**



## What to Do After a Slip

**First, remember two things:**

**1. Slips are normal and to be expected.**

99.99% of all people on their way to losing weight and being more active have slips.

**2. No one time of eating too much or being inactive, no matter how extreme, will ruin everything.**

The slip is not the problem. The problem occurs if you do not get back on your feet again and keep going toward your goals.

**So after you slip:**

**1. Talk back to self-defeating thoughts with positive thoughts.**

Self-defeating thoughts, such as "I'm a failure," can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."

**2. Ask yourself what happened.**

Learn from the slip. Can you avoid it in the future? Manage it better?

**3. Regain control the very next time you can.**

Do not tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

**4. Talk to someone supportive.**

Talk with family, friend, group members or your coach. Discuss your new strategy for handling slips. Commit yourself to renewed effort.

**5. Focus on all the positive changes you have made.**

You are making life-long changes. Slips are just one part of the process.



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### Practice: Help Sadie Manage the Slippery Slope of Lifestyle Change

**Take turns reading the cards numbered 1 to 6.**

After hearing Sadie's story discuss the questions at the bottom of the page.

<p>1. Sadie lost 15 pounds over a 4 month period, slowly but steadily. She felt better than she had in years and was proud of herself. Then, she decided to go away for a long weekend to visit her sister.</p>	<p>2. After doing so well in the program, Sadie felt she deserved a break from her hard work on healthy eating and activity. She decided to go away without her self-monitoring tools and to eat and drink whatever she wanted.</p>
<p>3. Sadie weighed herself as soon as she got home and couldn't believe that she gained 5 pounds. She knew that she had slipped and got right back on track with recording and meeting her eating and activity goals. It took 3 weeks to lose the 5 pounds she gained over one weekend, but she did it.</p>	<p>4. Sadie kept thinking about how little time it took for her to regain 5 pounds and how long and hard it was to lose it again. She thought, "If I can't just enjoy myself for a few days, why do I even bother?" She felt sometimes like there was no use in continuing to try to stick to her long term goals.</p>
<p>5. Sadie found it harder to stay on track. She rarely completed her self-monitoring books and became lax in planning ahead for healthy meals. She started watching more TV. She gained 5 pounds, again. Sadie thought, "I don't want to face the weigh-in at the next class...it's too upsetting."</p>	<p>6. One week of avoiding the group turned into 4 missed sessions. Sadie was now close to her baseline weight. Sadie realized she needed the group support and coaching now more than ever. She felt embarrassed and uneasy but she pushed herself go to the next class.</p>

- What are Sadie's "high risk situations"? \_\_\_\_\_
- What does Sadie do well? Not so well? \_\_\_\_\_
- What parts of Sadie's story do you relate to? \_\_\_\_\_
- How could her slips be managed better? \_\_\_\_\_



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### Slips from Healthy Eating

Describe one thing that has caused you to slip from healthy eating:

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Can you avoid it in the future? If so, how? \_\_\_\_\_

**Make a plan** for how to get back on your feet when you have a slip:

There will be roadblocks, how will you handle them?

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How can I get the support I need? \_\_\_\_\_



### Slips from Being Physically Active

Describe one thing that has caused you to slip from being physically active:

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Can you avoid it in the future? If so, how? \_\_\_\_\_

**Make a plan** for how to get back on your feet when you have a slip:

Roadblocks that might come up, how will you handle them?

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How can I get the support I need?

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## Self-Defeating Thoughts

Self-defeating thoughts can lead you to overeat or be inactive. A vicious cycle can result. For example:

*Thought:* "I'm tired of working so hard. I'm sick of being in this program. I can never eat what I want."

*Result:* You eat potato chips.

*Thought:* "I did it again. I'll never lose weight."

*Result:* You feel discouraged and eat more.

### Common Kinds of Self-Defeating Thoughts

### Examples

Common Kinds of Self-Defeating Thoughts	Examples
<b>Good or Bad</b> Divide the world into: <ul style="list-style-type: none"> <li>• Good or bad foods</li> <li>• Seeing yourself as a success or failure</li> <li>• Being on or off the program</li> </ul>	"Look at what I did. I ate that cake. I'll never be able to succeed in this program."
<b>Excuses</b> Blame something or someone else for our problems. Do not mean to go off the program, but we "can't help it."	"But I'm really enjoying myself." "I have to buy these cookies just in case company drops in."
<b>Should</b> Expect perfection. A set-up for disappointment. Leads to anger and resentment.	"I should have eaten less of that dessert."
<b>Not As Good As</b> Compare ourselves to someone else. Blame ourselves for not measuring up.	"Mary lost two pounds this week. I only lost one."
<b>Give Up</b> Tempted to stop trying. (Often follow other kinds of self-defeating thoughts.)	"This program is too hard. I might as well forget it."



## How to Talk Back to a Self-Defeating Thought

1. Catch yourself. Think, "I'm doing it to myself."
2. Imagine shouting, "STOP!" to yourself. Picture a huge, red stop sign.
3. Talk back with a positive thought.

Self-Defeating Thought	Talk Back with a Coping Statement
<b>Good or Bad</b> <ul style="list-style-type: none"> <li>• "I can never eat dessert again."</li> <li>• "Look at what I did. I ate that cake. I'll never succeed."</li> </ul>	<b>Work Toward Balance</b> <ul style="list-style-type: none"> <li>• "I can eat that dessert and then cut back on something else."</li> <li>• "One slip-up isn't the end of the world. I can get back on track."</li> </ul>
<b>Excuses</b> <ul style="list-style-type: none"> <li>• "It's too cold to take a walk."</li> <li>• "I don't have the willpower."</li> </ul>	<b>It's Worth a Try</b> <ul style="list-style-type: none"> <li>• "I can try going for a walk and stop if it gets too cold."</li> <li>• "It's hard to change old habits. But I'll give it a try and see how it goes."</li> </ul>
<b>Should</b> <ul style="list-style-type: none"> <li>• "I should have eaten less dessert."</li> <li>• "I have to write down everything I eat."</li> </ul>	<b>It's My Choice</b> <ul style="list-style-type: none"> <li>• "It was my choice. Next time I can decide not to eat so much."</li> <li>• "I'm writing down everything I eat because it helps me eat better."</li> </ul>
<b>Not As Good As</b> <ul style="list-style-type: none"> <li>• "Mary lost two pounds this week, and I only lost one."</li> </ul>	<b>Everyone Is Different</b> <ul style="list-style-type: none"> <li>• "It's not a race. Mary and I can lose weight at different rates and both succeed."</li> </ul>
<b>Give Up</b> <ul style="list-style-type: none"> <li>• "This program is too hard. I might as well forget it."</li> <li>• "I'll never get it right."</li> </ul>	<b>One Step at a Time</b> <ul style="list-style-type: none"> <li>• "I've learned something about what's hard for me."</li> <li>• "I'll try something different next time."</li> </ul>










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## Practice: Help Sam Talk Back

**Work together in small groups to practice talking back to self-defeating thoughts (you can also do this, on your own, at home).**

1. Say each of Sam's self-defeating thoughts out loud. Then say, "Stop."
2. Talk back, out loud, with a positive thought. Write it down.
3. Imagine self-defeating thoughts that you might have.
4. Talk back, out loud, with a positive thought. Write it down.

Self-Defeating Thought	STOP	Positive Thought
<i>Sam: "I am letting go this weekend...I will eat and drink whatever I want."</i>		
<i>Sam: "If I can't enjoy myself for a few days, maybe I don't want to do this program."</i>		
<i>Sam: "All I really want to do is lie on the couch with my remote and watch TV."</i>		
<i>Sam: "I would like to avoid the scale this week."</i>		
<i>My self-defeating thoughts:</i>		

Managing slips (and preventing relapse) means finding ways to cope with negative or self-defeating thoughts and behaviors not just once, but many times. Practicing talking back can help you become stronger and more confident in managing slips.



## Checking In On the Activity Tracker

Last week you learned that an activity tracker is a fun, simple tool to keep track of your steps throughout the day.

One of the Key Challenges was to calculate your average steps per day.

**What were your *average steps* per day?** \_\_\_\_\_

**How does my step count compare to others?**

**GLB recommends that you work up to the same step goal that was used in DPP.**

- Aim for about 7,000 steps per day, or about 50,000 steps per week.
- This is just a guideline; your personal goal may vary.
- It is important to be aware of what your average steps per day are *right now*, then increase safely and gradually.
- When adding more steps, try adding about 250-500 steps per day.

**What is the recommended GLB step goal?**

There is no clear “national step goal” for all adults, although national health organizations have provided some guidelines. These guidelines are based on research and show that age and health status influence the average amount of steps a person takes per day.



## **Session 9: Resources**

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Body Mass Index (BMI) Chart

Build a Better Morning Meal

Build a Better Light Meal

Build a Better Main Meal

About Your Snacking Habits

Satisfying Snacks



## Body Mass Index Table for Adults Age 20 and Over

Find your height in the first column. Move across that row to find the weight that is closest to yours. Your BMI will be at the top of that column.

BMI	Normal					Overweight					Obese					Extreme Obesity																				
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	276	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	336	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.



## Build a Better Morning Meal

Keep breakfast simple. Use MyPlate as a model. Include healthy food choices, such as:

### Vegetables

- Vegetables added to egg dishes
- Tomato, vegetable, or carrot juice

### Fruit

- Fresh fruit or canned fruit packed in water or juice (not syrup)
- Eat whole fruit more often than fruit juice
- Eat less often: sweetened juice, fruit drinks, fruit canned in syrup

### Grains

- Oatmeal or cereals that are low in sugar and high in fiber
- Whole -grain toast, English muffin, or bagel
- Eat less often: “frosted” or sweetened cereals, granola, cereals with nuts or coconut, pastries, croissants, biscuits, and most muffins

### Protein

- Eggs, egg substitutes, seafood, cooked dried beans, soy products, or peanut butter
- Eat less often: bacon (except Canadian bacon) and sausage

### Dairy

- Fat-free or low-fat (1%) milk/soymilk/cheese
- Fat-free or low-fat yogurt, with no added sugar
- Eat less often: Whole or 2% milk, high-fat/sugar yogurt, regular cheese

**Limit saturated fat and added sugar.** Eat these foods less often: sugar, honey, high-calorie coffee beverages, regular syrup, cream cheese, pastries, coffeecake, and doughnuts.





## My Best Breakfasts

Look through your completed Food and Activity records. Find some breakfasts that most closely follow MyPlate.

- What **food choices** work well for you?

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- What **calorie and fat gram goals** would work well for you at breakfast?

Calorie goal for breakfast: \_\_\_\_\_ calories

Fat gram goal for breakfast: \_\_\_\_\_ grams

Use the above to build **three "standard" breakfast menus** for yourself.

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_







## Build a Better Light Meal

Make one meal each day a “light” meal. Use MyPlate as a model. Think simple and quick. Examples:

- Sandwich, carrot sticks, fruit, milk
- Salad, tuna, whole-grain crackers
- Pasta, veggies, cooked dried beans
- Brown rice, stir-fried veggies, chicken
- Burrito, salad, fruit
- Frozen entree, salad, fruit, milk

**Keep healthy, “quick-to-fix” food choices on hand, such as:**

### Vegetables

- Peeled carrots, prepared raw vegetables from the salad bar, pre-washed salad greens in a bag, canned tomatoes, frozen mixed vegetables

### Fruit

- Fresh fruit or canned fruit in water or juice

### Grains

- Whole grain breads, rolls, bagels, English muffins, pita bread, tortillas
- Whole grain crackers, unsweetened hot or high fiber cold cereals, quick cooking brown rice, whole-wheat couscous, other types of whole grain pasta

### Protein

- Water-packed tuna, salmon, chicken; sliced turkey or chicken breast; sliced extra lean ham; canned or cooked dried beans (garbanzos, black beans, navy, kidney beans, black eye peas, etc.); vegetarian refried beans

### Dairy

- Fat-free or low-fat (1%) milk/soymilk/cheese
- Fat-free or low-fat yogurt, with no added sugar

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**Other:** Canned, low-fat soups and broth; low-fat sauces, including spaghetti sauce; nonfat or low-fat salad dressings; salsa; flavored vinegars; spicy mustard; low-calorie frozen entrees



## My Best Light Meals

Look through your completed Food and Activity records. Find some light meals that most closely follow MyPlate.

- What **food choices** work well for you?

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- What **calorie and fat gram goals** would work well for you at light meals?

Calorie goal for light meal: \_\_\_\_\_ calories

Fat gram goal for light meal: \_\_\_\_\_ grams

Use the above to build **three "standard" light meal menus** for yourself.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## Build a Better Main Meal

Use MyPlate as a model for your main meals. Make healthy food choices, such as:

### Vegetables

- Cooked vegetables without added fat as side dishes
- Vegetables added to spaghetti sauce, lasagna, chili, stew, grain dishes
- Colorful salads with low-fat or vinaigrette dressing

### Fruit

- Fresh, dried, or canned fruit (in juice) added to vegetable salads
- Fruit for dessert

### Grains

- Whole-grain pasta, bread, tortillas, and pita bread
- Brown rice, barley, couscous, wild rice, quinoa, and bulgur

### Protein

- Lean cuts of meat, poultry, or seafood, cooked without fat
- Hummus, canned or cooked dried beans, split peas, or lentils, cooked without fat or fatty meats (Serve in place of meat more often. Try them in casseroles, soups, or salads. Make chili with more beans and veggies.)
- Nuts and seeds.
- Watch portion sizes

### Dairy

- Fat-free or low-fat (1%) milk/soymilk/cheese
- Fat-free or low-fat yogurt, with no added sugar

**Limit saturated fat and added sugar.** Drink fat-free or 1% milk. Save calories by drinking water instead of sugary drinks.



## My Best Main Meals

Look through your completed Food and Activity records. Find some main meals that most closely follow MyPlate.

- What **food choices** work well for you?

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- What **calorie and fat gram goals** would work well for you at main meals?

Calorie goal for main meal: \_\_\_\_\_ calories

Fat gram goal for main meal: \_\_\_\_\_ grams

Use the above to build **three "standard" main meal menus** for yourself.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## About Your Snacking Habits

Think about your snacking habits.

A Snack You Eat Often, Amount	Fat Grams, Calories	Where and When You Eat This Snack
1.		
2.		
3.		
4.		
5.		

Are most of your snacks **planned or unplanned**? \_\_\_\_\_

Unplanned snacks are often triggered by (check what applies to you):

- |   |   |
|---|---|
| <input type="checkbox"/> Being too hungry                           | <input type="checkbox"/> Doing certain things or being in certain places (such as watching TV or a movie) |
| <input type="checkbox"/> Being tired or overworked                  | <input type="checkbox"/> Holidays or family events  |
| <input type="checkbox"/> Feeling stressed, anxious, bored, or angry | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Seeing or smelling food, or others eating  | _____   |

How could you avoid these triggers? Or handle them in a healthier way? (Example: Do you eat potato chips while you watch TV? You could stop buying chips. You could keep a bowl of fresh fruit in the TV room.)

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## My Best Snacks

Look through your completed Food and Activity records. Find some healthy snacks.

- What **food choices, times, and places** for snacks work well for you?

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- What **calorie and fat gram goals** would work well for you for snacks?

Calorie goal for snacks: \_\_\_\_\_ calories

Fat gram goal for snacks: \_\_\_\_\_ grams

Use the above and the list of snacks on the next page to build **seven “standard” snacks** for yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_





## Satisfying Snacks

Choose snacks with a taste and texture you enjoy.

- Use MyPlate as a guide for snack choices.
- Watch portion sizes. Aim for less than 200 calories.
- Limit snacks with empty calories from added sugars, saturated fat, and alcohol.

### **Crunchy Snacks:**

- Fresh fruit (such as apple, pear)
- Raw vegetables (such as broccoli, carrots, cauliflower, green pepper, celery) with hummus
- Low-fat crackers (such as oyster, Melba, matzo, rice crackers, crisp bread), with low-fat cheese or peanut butter
- Popcorn, air-popped or light
- Cereal and low-fat or fat-free milk
- Pretzels
- Baked tortilla chips and salsa
- Rice cakes, popcorn cakes
- 100-calorie package of nuts

### **Sweet Snacks**

- Fresh fruit (such as orange, banana, cherries, kiwi, grapes, blueberries, strawberries, peach, plum, pineapple, melon)
- Gelatin
- Low-fat cookies (such as ginger snaps, graham crackers, vanilla wafers)

### **Chewy Snacks**

- Dried fruit (raisins, apricots)
- Chewy breads (such as English muffin, bagel, pita, breadsticks)
- Low-fat cheese sticks

### **Chocolate Snacks**

- Fudgesicle, regular or sugar-free
- Low-fat chocolate pudding
- Chocolate nonfat milk
- Chocolate graham crackers
- Low-fat ice cream sandwich

### **Smooth or Frozen Snacks**

- Applesauce, unsweetened
- Low-fat cottage cheese with fruit
- Low-fat or fat-free pudding
- Yogurt, low-fat or fat-free, with no added sugar
- Fruit smoothie
- Frozen yogurt, nonfat
- Sherbet, sorbet, frozen fruit bars, lemon ice, or popsicles
- Frozen grapes, bananas, berries