

# Food Trend: Check Out the Best Diet-Friendly Snacks



By [Courtney Shapiro](#)

There are many snacks you can eat that won't disagree with your diet. A popular [food trend](#) right now is finding snacks that taste good without ruining all your progress. It's okay to eat the high calorie snacks sometimes, but we've got some [food advice](#) on which healthy snacks you'll want to incorporate into your regimen.

**Check out which diet friendly snacks you should incorporate into**

# your eating habits

**1. Hummus and veggies:** Hummus comes in so many flavors and is a great guilt-free choice. Pair it with veggies for a low calorie, healthy alternative to chips.

**2. Fruit with peanut butter:** This is such a good snack option. Fruit gives you that sweetness you were craving, but the peanut butter fills you up and gives you energy

**Related Link:** [Food Trend: Incorporate Coconut Into Your Meals](#)

**3. Dark chocolate:** Satisfy your sweet tooth with some dark chocolate. With significantly lower sugar and calories than milk chocolate, this is an awesome treat for fulfilling a craving.

**4. Popcorn:** Popcorn is a favorite on most people's lists. There are so many diet-friendly popcorn brands including Skinny Pop and Boom Chicka Pop that offer a decent serving size without sending you over your calorie count.

**Related Link:** [Food Trend: Fermented Products](#)

**5. Pretzel thins and cheese spread:** Pair Laughing Cow cheese wedges with thin pretzels to have a crunchy choice. The pretzels and the cheese wedges come in a variety of flavors, so you won't get bored easily.

**What are some of your favorite diet friendly snacks? Tell us below!**