

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

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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.

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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!