



## Low Calorie Snacks for People on the Go

No matter how you look at it, life seems to be speeding up for almost everyone. While it would be nice to just take a break, relax and slow down the speed on life around us – it doesn't appear to be much of an option for most of us.

With life always being in the fast lane, how can you accomplish smart snacks throughout the day? Everyone always says it just takes a little planning ahead, but in reality we don't all have that kind of time and sometimes the drive thru lane is the only lane where I can even think about slowing down – and even then they need to be relatively fast or I will have to leave.



Can I still find healthy snacks less than 200 calories at the fast food drive-thru? Yes. Patty Kirk, R.D. and Amber Odom, R.D. from Cooper helped provide some options for the fast food drive-thru.

A few snacks to consider might include:

- Fresh Fruit Cup at Chick-Fil-A 60 Calories
- Mandarin Oranges at Wendy's 80 Calories
- Apple Dipper's with low-fat Caramel Dip at McDonald's 105 Calories
- Grande Coffee Frappuccino Light (w/no whip) at Starbucks 130 Calories
- Chocolate Junior Frosty at Wendy's 160 Calories
- Fruit'n Yogurt Parfait with Granola at McDonald's 160 Calories
- Slim n Trim Orange Vanilla Smoothie at Smoothie King 199 Calories

Of course these aren't the only options and you could always throw some snacks in the bag too.