



A Guide to Smart Snacking

Snacking can be a healthy way to get a **boost of energy** between meals if you make good choices. Snacks may help you from becoming too **hungry** during the day and can prevent overeating and sweet cravings late at night. However, for most Americans, snacking has become a habit that adds extra calories without much nutritional benefit; especially when the 'munchies' are candy bars, chips, cookies and soft drinks. If you want to **snack sensibly**, try the following tips . . .

- **Choose** snacks that meet some of your nutritional needs for the day (vitamins, minerals, fiber, etc.). Smart choices are fruits, vegetables, milk products, beans and whole grains. Avoid 'empty calorie' choices (pop, chips, candy).
- **Listen** to your body's cues and don't snack unless you are **HUNGRY**. Avoid nibbling when you are bored, tired or stressed – instead, go for a brisk 10-minute walk or do some yoga poses.
- **Eat** 'snack-size' portions. Snacks are not meant to be extra meals. Small portions of food should be enough to relieve your hunger pangs and hold you until mealtime. If you do eat a large snack, adjust your meal size accordingly.
- **Balance** your snack calories with your activity level. Remember your math: **calories eaten should equal calories expended!** Very physically active people can eat larger snacks more often than sedentary people.
- **Avoid** snacking when sitting in front of the TV or computer. Make snacking a conscious, mindful activity to prevent overeating. Portion out your snack on a plate, eat slowly and deliberately and **STOP** when you are full.
- **Be prepared** for 'snack attacks'. Keep tasty, nutritious foods (fruit, dry cereal, pretzels, juice boxes, veggies, popcorn, etc.) on hand at home, at work and in the car. You will be more likely to skip the fast-food drive through, vending machine or convenience store next time hunger strikes.
- **Enjoy** your food. We are lucky to have a wide variety of delicious foods available day and night. Take time to taste & savor your food. An occasional small portion of cookies, soft drink, ice cream or chips is okay – just make trade-offs to keep your snacks and meals in balance.

See the next page for some snack suggestions



Quick & Easy Satisfying Snacks



- Fruit-flavored low-fat yogurt and 2 fig bars
- String cheese and a medium apple or pear
- Medium tortilla (6-8") with ½ cup fat-free refried beans & salsa
- Toasted English muffin with 1 TBSP peanut butter
- Assorted cut-up veggies with fat-free Ranch dressing



- "Lite" microwave popcorn spiced up with chili powder, garlic powder or grated Parmesan cheese
- Bowl of whole-grain cereal (Cheerios, Wheaties, Mini-Wheats) dry or with low-fat milk and a banana
- Microwaved medium-size white or sweet potato topped with salsa & touch of low-fat sour cream

- Cup of soup (Minestrone, chicken noodle, tomato) & 4-5 crackers
- Medium slice of thin-crust cheese or veggie pizza
- One-fourth cup of soy nuts or almonds
- Higher fiber breakfast bar & a glass of skim milk
- Half of a sandwich made with whole wheat bread, 2 slices of low-fat deli meat, lettuce, tomato and a little mustard & mayo
- Fruit smoothie – blenderize 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup skim milk
- Nabisco 100 calorie snack packs
- Choose water, skim milk or 100% fruit juice to wash down your snacks



The possibilities for healthy snacks are endless! Enjoy!