



Snacking Tips

Whether you need a thirst quencher or a between-meal energy boost, snacks can be a part of your healthy lifestyle.

Great taste with less fat:

- Baked chips
- Pretzels
- Animal crackers
- Fruit bars

Controlling the amount of fat can be an effective way to maintain a healthy body. Since fats and oils are high in calories, limiting fat can help maintain caloric balance. Eating less saturated fat, trans fat and cholesterol may reduce risk for heart disease as part of an overall healthy diet.

Vary your protein:

- Peanuts
- Almonds
- Sunflower seeds

Protein provides amino acids that renew and maintain your muscles, bones and skin. These plant sources of protein help you feel full longer and contain vitamin E and essential fatty acids.

Naturally thirst quenching without added sugar:

- Water
- 100% fruit juice

Hydrate your body and quench your thirst with water! Nature adds vitamins and minerals to your favorite fruit juice.

Go easy on indulgence:

What about those candy bars? Chocolate is calorie-dense, so proceed with caution. Take note of the high number of calories in a small bite. **Occasionally**, and in **moderation**, chocolate can be a rare treat.

Remember to stay within your calorie needs and watch out for added fats and sugars.

This brochure has been favorably reviewed by



American Dietetic Association

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Nutrition experts agree there are many good reasons to snack:

Higher Energy Needs

Physically active people, rapidly growing teenage bodies and pregnant women require additional calories.

Appetite Control

A between-meal snack may help some individuals from taking second helpings at the main meal. Snacks can keep you going until your next meal.

Help for Small Appetites

Older adults who are less active and burn fewer calories tend to eat smaller meals and may need between-meal snacks. Very young children have smaller stomachs that can hold only small portions of food at one time and may need as much as one third of their calories from snacks.

Choose snacks wisely:

Include whole grains, nuts and seeds

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| Whole grain crackers | Peanuts |
| Whole grain pretzels | Almonds |
| Whole grain cereal | Walnuts |
| Whole grain crisp breads | Sunflower seeds |

Focus on fruit & vary your veggies

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| Carrot sticks/Celery sticks | Berries/Grapes |
| Vegetable juice | Melon |
| Broccoli | Bananas |

Choose low-fat dairy

- Low-fat cheese cubes
- Low-fat or fat-free yogurt