

Why Snack?

Snacking gives you energy to last until your next meal.

Choose whole grains and complex carbohydrates that contain fiber for long-lasting energy instead of simple sugars, which provide a shorter boost of energy.

Snacking may help you better manage your weight.

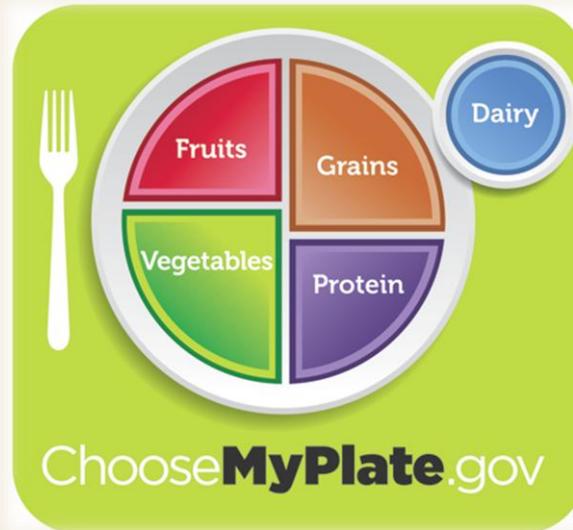
When you eat small, nutritious snacks between meals, it prevents you from overeating during meal times which makes it easier to maintain ideal body weight.

Snacking may improve diet quality.

Snacking provides an additional opportunity in the day to reach your daily goal of 2-3 servings of fruits and 3-5 servings of vegetables per day.

Snacking sustains energy for physical activity.

Snacking beforehand fuels your workout and post-workout snacking helps you recover from exercise and repair muscle tissue.



**Healthy Snacking
Made Easy!**

For more information visit:

www.eatright.org/
www.choosemyplate.org/

There are so many snack options, how do I know what to choose?



A **snack** is a portion of food often times smaller than that of a regular meal that is generally eaten between meals.

Remember S.N.A.C.K.S

S = Smaller portions

N = Not in front of the TV

A = Am I really hungry?

C = Choose low-fat foods from MyPlate for snacks

K = Kitchen is a good place to eat

S = Sit down, slow down, savor, and enjoy!

QUICK & EASY Healthy Snack Ideas

- Reduced fat cheese & apple slices
- Low-fat yogurt
- Dried fruits, raisins, or nuts
- Whole grain pretzels
- Celery sticks with peanut butter and dried cranberries
- Whole wheat tortilla, turkey lunch meat and reduced-fat cheese
- Carrot sticks and hummus
- Banana with a nut butter
- Salsa and whole wheat tortilla chips
- Fruit and cheese kabobs
- Fruit, yogurt, and granola parfait
- Half a PB&J sandwich on whole wheat bread
- Peanut butter and strawberries rolled up in a whole wheat tortilla
- Guacamole and red bell pepper sticks

Snacks to limit

- Potato chips
- Cookies and brownies
- Sugary drinks (juices, sodas)
- Candy bars
- Donuts
- Fried foods
- Sugary cereals
- Pop tarts
- Processed frozen foods (fries, hot pockets, pizza rolls)

Snacking Tips >>>

MyPlate >>>

Half of your plate should be filled with colorful fruits and veggies. >>> Refer to MyPlate.

5 and 20 Rule >>>

When looking at food labels, look for items that contain less than 20% of the daily value for total fat, saturated fat, cholesterol, and sodium and contain more than 5% of the daily value for vitamin A, vitamin C, calcium, iron, and dietary fiber.

Be prepared >>>

Have snacks ready for when you get hungry at work or school, in your car, and at home.

Make it fun! >>>

If the idea of a plain piece of fruit doesn't appeal to you, try dipping fruit slices in low-fat yogurt sprinkled with cinnamon or nutmeg.

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases and helps with maintaining a healthy weight.