

SNACKING SMART

While snacking can be a great way to boost your energy and an excellent way to add additional fruits, vegetables, and healthy protein to your diet, it is important to choose snacks wisely.

1

The first step to snacking smart is to stay away from the vending machine and candy jars. Instead, choose foods that are nutrient-rich. Try to include foods from at least two food groups.

2

The second step is to keep your portions under control. Divide snacks into single-serving containers to prevent overeating.

3

Last, snack only when you are hungry. Avoid eating if you are bored or stressed. Instead, take a quick walk or talk through your stress with a friend.



HEALTHY VS. UNHEALTHY SNACK CHOICES

Garden of Eatin's snack mix and Coke vs. **Fat-free string cheese and apple**

Empty calories: **213**
Total calories: **376**
Solid fats: **87 calories**
Added sugars: **126 calories**
Sodium: **611 mg**

Empty calories: **0**
Total calories: **111**
Solid fats: **0 calories**
Added sugars: **0 calories**
Sodium: **209 mg**

Fritos and Ho Hos Cupcake vs. **Low-fat cottage cheese and pineapple**

Empty calories: **75**
Total calories: **305**
Solid fats: **24 calories**
Added sugars: **51 calories**
Sodium: **328 mg**

Empty calories: **18**
Total calories: **245**
Solid fats: **18 calories**
Added sugars: **0 calories**
Sodium: **31 mg**

Snickers bar and Mountain Dew vs. **Reduced-fat peanut butter and whole wheat Triscuit crackers**

Empty calories: **264**
Total calories: **432**
Solid fats: **23 calories**
Added sugars: **241 calories**
Sodium: **177 mg**

Empty calories: **3**
Total calories: **111**
Solid fats: **0 calories**
Added sugars: **3 calories**
Sodium: **121 mg**

OTHER SMART SNACK IDEAS

- > Low-fat yogurt and unsalted almonds
- > Whole wheat pita with hummus
- > Carrots and ranch dip
- > Low-fat granola bar
- > Reduced-fat popcorn
- > 4 ounces of fat-free pudding with a banana
- > A dinner roll with 1 slice turkey and 1 ounce low-fat cheese
- > A piece of fresh fruit

MAKE YOUR OWN SNACKCALENDAR!

Plan two to three snacks for yourself at least five days out of the week that you can easily prepare and pack for on-the-go snacking.

SUN	MON	TUES	WED	THURS	FRI	SAT