

# Make Snacks Count

## JUDGING WHETHER SNACKS ARE HEALTHY

1. Just because something is “all natural” or “pure,” doesn’t necessarily mean that it’s nutritious
  - Example: “All natural” juice drinks or sodas can be filled with sugar
  - All that sugar means they’ll be high in calories and give you little nutrition
2. A granola bar is a good example of a snack that people think is healthy
  - Many contain a great deal of fat, including a particularly harmful type of fat called **trans fat**
  - There can be a lot of sugar in granola cereals and bars
  - Check the Nutrition Facts label on the package to be sure
3. Be skeptical of low-fat claims
  - If the fat has been removed or cut back, the amount of sugar in the food may have increased to keep the original taste/ flavor
  - Many low-fat foods have nearly as many calories as their full-fat versions



### In a Rush?

A glass of skim milk or a soy drink with calcium will sustain you far longer than a soda.

### Fill the hunger gap

smart snacking can help keep you going until your next meal. Tossing some fruit or trail mix in your backpack will reduced the temptation to grab less-healthy snacks.

## SMART SNACKING STRATEGIES

1. **Prepare healthy snacks in advance**
  - When making a snack, you can control the ingredients and add things that are good for you
  - Measure out individual servings and put them in the fridge, so they’re ready to grab on the go
2. **Make it interesting**
  - Give yourself a variety of choices
3. **Satisfy cravings with healthier approaches**
  - Crazy about chocolate? Try hot chocolate instead of a chocolate bar. (hot chocolate = 140 calories & 3 grams of fat; chocolate bar = 230 calories & 13 grams of fat)
4. **Read serving size information**
  - What looks like a small package of cookies may contain many servings—which means double or even triple the amounts of fat, calories, and sugar shown on the label



# Give It A Try

What I typically choose for snacks	Healthy Alternatives
<ul style="list-style-type: none"> <li>▶ Original Potato or tortilla chips</li> <li>▶ Cookies</li> <li>▶ Ice Cream with a topping</li> <li>▶</li> <li>▶</li> <li>▶</li> </ul>	<ul style="list-style-type: none"> <li>▶ Baked chips with salsa</li> <li>▶ 100 calorie packs of oreos with 1% or skim milk</li> <li>▶ Yogurt with fresh fruit or granola</li> <li>▶</li> <li>▶</li> <li>▶</li> </ul>

## TREATS TO TRY

### Dairy

- ▶ **String cheese** and fruit (canned (light syrup) or fresh)
- ▶ **Low-fat chocolate milk**
- ▶ **Whole-wheat crackers** with cheese or peanut butter



### Fruits & Vegetables

- ▶ **Raw vegetable sticks** with hummus
- ▶ **Ants on a log**—Spread peanut butter on celery sticks and top with raisins
- ▶ **Apples and cheese**—pears and other fresh fruits work too!
- ▶ **Baby carrots**
- ▶ **Banana ice**—Peel very ripe bananas, break into 1-inch pieces, and freeze in a sealed bag. Just before serving, place pieces in the blender with a small amount of water or juice and blend. Add berries for a different flavor or top with nuts
- ▶ **Applesauce cups** (unsweetened)
- ▶ **Frozen fruit pops**— Freeze unsweetened 100% juice in ice pop molds or ice cube trays
- ▶ **Dried fruit** such as raisins or cranberries and nuts

### Low-fat Grains

- ▶ **Cereal** dry or with milk
- ▶ **Mini pizzas**—Spoon pizza sauce onto half a bagel, English muffin, or mini pita. Top with low-fat mozzarella cheese and your favorite veggies and toast or bake at a low setting until the cheese melts and the bagel is crisp.
- ▶ **Flavored rice cakes** (like caramel or apple cinnamon) with peanut butter
- ▶ **Whole wheat pita or raw veggies and hummus**
- ▶ Vanilla wafers, gingersnaps, animal crackers, or fig bars and a glass of milk
- ▶ **Happy trails mix**— Combine 1 cup whole-grain toasted oat cereal with 1/4 cup chopped walnuts, and 1/4 cup dried cranberries for a healthy trail mix
- ▶ **Popcorn**—air popped or low-fat microwave

