



TO SNACK OR NOT TO SNACK?

Quick Tip! Individually packaged snacks are significantly more expensive than larger containers. Make your own on-the-go snacks by filling small containers with nuts and dried fruit.



SMART SNACKING

Tips for healthful snacking

- An **energizing** and **sustaining** snack generally has **protein, fat and/or fiber**. This can often be achieved by building a snack out of at least two different food groups. For example, a fruit and nut (apple and nut butter) or a vegetable and bean (carrots and hummus). Also, choosing whole, minimally processed snacks means more filling fiber and less added sugar and salt.
- **Check in with your mind and body** prior to reaching for a snack. Are you truly hungry? If so, fuel yourself for optimal energy levels!
- **Prepare for snacking ahead of time.** Plan and shop for healthful choices and make them easy to access when needed.
- **Snacking is not a meal!** Pay attention to portion size and eat what is needed to tide you over well until mealtime.

You may prefer to eat just three meals per day or to snack between meals. Is one better than the other? Like many things, it depends! There are pros and cons to snacking, and it largely depends on the type of snacks you're choosing and personal preference.

Pros of snacking

- A nutritious mid-morning or afternoon munch can provide the fuel you need to maintain your energy levels.
- Snacking can prevent overeating at meals, since you're less likely to arrive to the table very hungry.
- Healthful snacks can increase the nutrients you consume, such as vitamins, minerals and fiber.
- A small snack before or after exercise can help you get the most out of your workout.



Cons of snacking

- Many typical snack foods are high in calories, fat and sugar (chips, cookies, pastries).
- High calorie snacks can result in eating excess calories and potential weight gain.
- Snacking is sometimes mindless, making it less satisfying. For example, eating while driving or watching television.
- Snacking is sometimes used in an attempt to fill an emotional need.

Make your own apple chips! Slice apples into 1/8-inch-thick circles, spread on a baking sheet, sprinkle with cinnamon and bake for 2 1/2 hours, or until crispy, at 225 degrees F. If chips are fully dried out and crispy, they'll keep for up to 1 week in an air-tight container.



Choose a healthy snack option to fit your mood.

If you're craving something sweet mid-morning, fruit can be your friend! If afternoons have you looking for a crunch, reach for raw veggies and/or nuts. For an energizing and sustaining snack, combine at least two

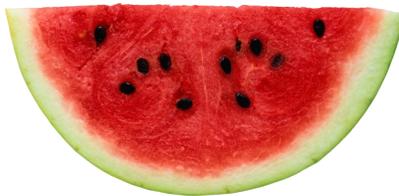
Crunch

- Celery and peanut butter
- Carrot sticks and bell pepper slices with hummus
- Raw nuts
- Air-popped popcorn
- Sunflower or pumpkin seeds
- Whole grain rice cakes
- Dry roasted edamame
- Baked apple chips
- Wasabi peas
- Roasted chickpeas



Refreshing

- Watermelon
- Unsweetened tea
- Sparkling water
- Infused water (lemon or cucumber slices, mint leaves)



Sweet

- Fresh berries
- Piece of fruit with nut butter
- Dried fruit (apricots, mangoes, raisins)
- Frozen grapes
- Freeze-dried fruit

Satisfying

- Whole grain toast with almond butter
- Whole grain crackers with hummus
- Fruit and veggie smoothie
- Yogurt with fruit
- Nut and dried fruit trail mix
- Leftovers from a healthy meal

