

Sensible Snacking



Why snack?

Snacks provide an important energy source throughout the day. The general purpose is to hold you over until your next meal. Feeling less hungry going into a meal can help you make smarter food choices at mealtime that are more nutritious, and reduce the likelihood of overeating.

If you are feeling stressed, bored, depressed, or tired from lack of sleep, a snack will not fix your dilemma.

3 Tips for keeping tabs on snack portion sizes

- Buy snacks in pre-portioned servings
- Divide snacks on your own into small bags
- Portion out a serving of snack food into a bowl instead of eating right from the package



When you are hungry, what type of snack do you reach for?

There are a variety of healthy snacks that can match any craving you may have: salty, sweet, hot, cold, crunchy, smooth, or chewy food. It is important to eat snacks in moderation. Many snacks, while still a part of a healthy diet, can be high in sugar (fig bars, cookies, water ice) or fat (nuts, seeds, chips). It is important to eat smaller portions of these high calorie snack choices.

Salty and **Crunchy**

- | | | | |
|---|---|---|---|
| <ul style="list-style-type: none"> • Fresh vegetables: baby carrots and celery sticks, sliced cucumber, green pepper sticks, broccoli or cauliflower florets, zucchini circles, and radishes (with low-fat dip or low-fat dressing) • Seeds (sunflower, pumpkin) • Almonds, walnuts, peanuts, soy nuts, and other nuts • Air-popped or light popcorn • Rice cakes, plain, cheese flavored • Soy crisps • Dry cereal • English muffin, pita or bagel |  | <ul style="list-style-type: none"> • Crackers (whole grain saltines, rice crackers, rye crisps, matzos, water crackers, wheat thins, or oyster) with no trans fat (plain, or topped with peanut butter, cheese slices, lean deli meat, or hummus) • Breadsticks • Pretzels • Baked tortilla chips • Trail mix • Toasted whole grain bread (plain or topped with peanut butter, cheese slices, hummus or lean deli meat) |  |
|---|---|---|---|

Salty and *Chewy or Smooth*

- Low-fat Cottage cheese (with fruit)
- String cheese
- Low-fat cheese cubes or slices
- Lean deli meats
- Broth-based soup or soup-stock
- Tuna (water-packed) with crackers



- Hummus (with whole grain crackers, pita or vegetable sticks)
- Quesadilla (microwave tortilla with refried beans or melted cheese and salsa)

Sweet and *Crunchy*

- Cinnamon raisin toast
- Fresh fruit (apples, pears)
- Animal crackers
- Gingersnaps
- Rice cakes (caramel flavored)



- Meringue cookies
- Graham crackers
- Reduced fat vanilla wafers and other low-fat cookies with no trans-fat (check food label on package)

Sweet and *Chewy or Smooth*

- Canned fruit packed in water or juice (not syrup)
- Microwave baked apple
- Frozen grapes or bananas
- Frozen fruit bars
- Natural apple sauce (plain or flavored with no added sugar)
- Low-fat instant pudding
- Light (non-fat) fruit flavored yogurt

- Sugar-free Jell-O
- Low-fat ice cream or frozen yogurt
- Smoothie (fruit and yogurt, low sugar)
- Water-ice
- Small slice of angel food cake
- Fruit roll-up
- Dried fruit, raisins
- Fig bars
- Instant oatmeal packet



Hot Foods and Beverages

- Tea
- Broth-based soup
- Hot cocoa made with skim milk or water
- Instant oatmeal packet
- Microwave baked apple
- Toasted whole grain or cinnamon bread, English muffin, or bagel
- Tortilla with melted cheese (heated in microwave)



Cold Foods and Beverages

- Frozen grapes or bananas
- Frozen fruit bars
- Low-fat ice cream or frozen yogurt
- Sugar-free Jell-O
- Pudding made with skim milk or sugar free pudding
- Light (nonfat) fruit flavored yogurt
- Water ice

Thirsty? Next time try one of these:

- Bottled water
- Skim milk
- Calorie-free (sugar free) fruit flavored drinks
- Fruit water
- Unsweetened iced tea



- Tomato, vegetable juice, or V-8 Splash® Light
- Unsweetened juices (or juice spritzer: 1/2 fruit juice, 1/2 seltzer water or clear diet soda)