

Snacking Your Weigh to Good Health

To choose the best snacks, read nutrition labels to compare products!

When you read the label:

Sample Label for
Macaroni and Cheese

| Nutrition Facts | |
|---|-----------------------|
| Serving Size 1 cup (228g) Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 1.5g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

5% or less is low
20% or more is high

- Look at the serving size.
- How many servings are in the container?
- Is this the amount you will eat?
- How many calories will be in your portion?
- How many grams of total fat will you get?
- How many grams of trans and saturated fat?
- Is there any fiber in this food?
- How much sodium will be in your portion?

Then decide which product is best for your needs.

Smart Snacking Strategies

- **Prepare healthy snacks so they are available and ready to go.**

Cut up vegetables for dip, pre-make salads, grate low fat cheese, cut up fruits like melon. Put the snacks in plastic containers in the refrigerator so they are ready to go.



- **Take healthy snacks with you.**

Take 1-2 snacks with you in your purse or knapsack. Good choices are fresh fruit, dried fruit, 100-calorie snack bags, small amounts of nuts, low fat crackers with low fat cheese, low fat yogurt, and boxes of low fat or skim milk. You will also save money.

- **Don't carry money for vending machines.**

If you make it hard to get a high calorie snack, you will be less likely to eat one. Study away from the machines as well.

- **Know the difference between Hummers and Beckoners.**

A Hummer is a craving that you have even when you don't see the food and nothing else will satisfy you. Buy and enjoy those foods in ONE PORTION SIZE.

A Beckoner is something you only eat because it is THERE! Not because you really want it. KEEP THOSE OUT OF YOUR ROOM, KITCHEN, APARTMENT, HOUSE, ETC!

- **Have enough snack variety to not get bored, but not too much to encourage over-eating.**

Usually 3-4 different healthy snacks on hand are enough to keep you from getting too bored, but don't have too many choices. People tend to eat more if they can choose from a variety of flavors.

➤ **Liquid calories will not satisfy you as long as solid calories.**

Researchers at Purdue University showed that when people consume equal calories from a liquid snack or a solid snack before a meal, they eat less food at the meal if they have a solid snack.

➤ **Choose the smallest plate, bowl or container possible.**

Researchers at the University of Illinois found that the bigger the container, the more you eat, even if you think you are eating the same amount.



➤ **Keep busy so you are not eating out of boredom, depression or sadness.**

Many people eat when they are bored, depressed or sad. Figure out when these negative feelings tend to occur and have an alternative activity at that time. Good substitutes are working out at the gym, doing your nails or hair, going to an event, talking to a friend on the phone or participating in a club. Also if the depression or sadness happens frequently, consider counseling with mental health professional.

➤ **Really pay attention and enjoy your snack.**

Make snacking a pure experience. Don't watch TV, read, or do something else while you eat. UNCONSCIOUS EATING OFTEN LEADS TO OVER-EATING.

Keep an Open Mind to Healthy Snacks

You may not have eaten these snacks before, but give them a try.

You might like a few of them.

- **Freeze ripe banana slices or whole seedless grapes.** Great when you are hot and need a quick treat that is refreshing, but not fattening.
- **Dip cut up vegetables like broccoli, baby carrots, or sliced turnips in low fat dressing mixed half and half with non-fat plain yogurt.** Good to keep on hand when you are craving something crunchy. Adding the yogurt increases calcium and protein.
- **Drizzle spicy mustard onto whole wheat pretzels.** If you need to limit sodium, look for low sodium pretzels.
- **To satisfy a chocolate craving, try Nestle's sugar-free chocolate mix added to non-fat milk, sugar-free hot chocolate, a Peppermint Pattie, sugar-free chocolate pudding or a fudgsicle.** All of these are much lower in fat and calories than a chocolate bar or M&Ms.



- **If you've got to have chips, have a small handful of baked tortilla chips or Sun Chips with salsa.** Share the bag with others so you will be less tempted to finish it off.
- **Use 100 calorie snack bags if you want portion control.** These foods are not nutritious, but they are easy to carry and may keep you from over-eating the junk if you really want it.
- **Enjoy low fat microwave popcorn in the small packs.** The bigger the container of popcorn, even if it is lower in fat, the more you will eat.
- **Spread 1 tablespoon of "natural" peanut butter on a sliced apple or a 4 sesame rye crisps.** Natural peanut butter tastes like real peanuts and has no added sugar or salt. Slicing the apple makes it seem like more food. The sesame rye



crisps have more flavor than regular rye crisps and are lower in fat and sodium than other crackers.

- **Sip on Campbell's Healthy Request soup.** The tomato soup is the best. All flavors are good and much lower in sodium and fat.
- **Prepare salads ahead using bagged mixed salad greens topped with broccoli slaw, cherry tomatoes and raisins.** Add the low calorie dressing just before serving. Take with you in a plastic storage container with a fork and napkin.
- **Sprinkle a 6-inch corn taco or whole wheat tortilla with shredded low fat cheese and broil.** Top with salsa and fat-free sour cream.
- **Top a microwaved Irish potato or sweet potato with shredded low fat cheese.** A good addition is a ½ cup of microwaved frozen mixed vegetables.



Note: Mention of any products does not mean an endorsement of those products by the University of Georgia Cooperative Extension.

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