

## Nutrition: Smart Snacking

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### Snacking is Important

- Can help control your appetite so you do not over eat at meal times.
- Provides a source of frequent energy.
- Provides variety to your food choices, and adds to your eating enjoyment and satisfaction.

### How to Make Snacks Work for You

#### *In Balance*

- Make food choices to provide the nutrients you need to stay healthy

#### *With Variety*

- Choose foods from all the food groups

#### *In Moderation*

- Balance meals and snacks to meet the recommended servings for each food group.
- Balance low-fat and high-fat foods to keep the total dietary fat less than 30%.

### Plan Your Snacks

#### *In the Cupboard*

- Keep ready-to-eat-cereal, whole grain cereals, pretzels, nonfat crackers, low fat bagels, canned/dried fruits, air-popped/microwave light popcorn, baked tortilla chips

#### *In the Refrigerator*

- Keep washed fresh fruits, pre-cut vegetables, yogurt, lean ham, turkey breast meat, skim or 1% milk, lower fat cheeses, salsa

#### *In the Freezer*

- Keep strawberries, grapes, bananas, fruit bars, low fat or nonfat frozen yogurt

#### *At the Mall*

- Choose soft pretzels, nonfat frozen yogurt cone, jelly beans, salads with light dressings

#### *At Work*

- Choose fresh/canned/dried fruit, rmini bagels, pretzels, popcorn, water packed tuna,
- Whole grain or low fat crackers, low fat yogurt, crackers with peanut butter, low fat cheese

### Smart Snacking May Include

#### *Bread*

- Graham crackers (3 squares)
- Reduced fat crackers (5-6 crackers)
- Ready-to-eat- cereal (1 oz)
- Fig cookie (1)
- Ginger snaps (2 small)
- Pretzels (1 oz)
- Popcorn (3 cups)
- Toast

#### *Fruit (1/2 cup, 1 medium piece)*

- Apple
- Peach
- Orange
- Strawberries / Blueberries
- Pear
- Banana
- Grapefruit (1/2) - melon
- Raspberries

*Vegetables (1/2 cup cooked, 1 cup raw)*

- Carrot sticks
- Cucumber sticks
- Broccoli
- Celery stalks
- Cauliflower
- Baked potato

*Milk*

- Low fat, no added sugar yogurt (1 c.)
- Cottage cheese (1/2 cup)
- Skim or 1% milk (1 c.)
- String cheese

*Meat*

- Lean ham (1-oz)
- Peanut butter (1 Tbsp)
- Peanuts/mixed nuts (2 Tbsp)
- Skinless turkey breast (1-oz)
- Fat free refried or black bean spread
- Sunflower seeds (1-oz)

**Consider These Snack Combinations**

**Alone**

Crackers  
Ready-to-eat Cereal  
Toast  
Bagel (1/2)  
Raw Vegetables  
Fresh Fruit  
Tortilla

**...or with**

Peanut butter  
Nonfat milk  
Fruit spread  
Low fat cheese  
Fat-free plain yogurt  
Fat-free vanilla yogurt  
Fat-free beans

**...or with**

Cheese  
Fruit  
Peanut butter  
Peanut butter  
Fat-free ranch dressing  
Cooked oatmeal  
Vegetables

*Adapted from Snacking: A Great American Tradition, Nabisco Foods Group, 1993*