



Did you know? Adding nutritious snacks to your diet can actually give your health a boost. Snacking helps to keep you from overeating later and helps keep you energized between meals.

Snacking Strategies

- Plan your snacks in advance so that you're prepared with good eats on hand.
- Eat a healthy snack **BEFORE** you get too hungry!
- Eat your snack consciously, instead of eating while you're doing something else, such as using your phone or computer, reading, driving, or watching TV.
- Choose "real food" snacks rather than a processed or packaged "snacky" food.
- Try to always to include a fruit or vegetable in your snack.
- Use healthy leftovers as "mini meal" snacks, like soup, whole grain dishes, or ½ sandwich.
- Before snacking, perform a systems check. Are you actually hungry? Or are you tired, bored, lonely, happy, or inspired by a TV ad? Skip the snack unless you're truly hungry.
- Could you need hydration, rather than needing food? It's easy to confuse hunger and thirst, so try a glass of water before snacking.
- An ounce of nuts or seeds is an excellent nutrient-rich snack – the fiber, protein, and healthy fats keep you satisfied until the next meal.
- When in doubt, eat a vegetable. You can't go wrong!
- Prepare the next day's fruit the night before. It's easier to snack on pre-sliced melon and washed apples than searching the kitchen when hunger strikes.

Noshing Notes

Read, read, read. For packaged food, check the nutrition facts and the ingredient list beforehand. Make sure you measure out the serving size first – some "single serve" packages actually provide two or more servings!

Size matters. Calories add up fast. If you're managing your weight, try to keep your between-meal snacks under 300 calories.

Just say no. Skip snacks that have more than 5 grams of added sugar per serving or more than 3 grams of saturated fat per serving.

A winning combination. A snack that combines unsaturated fat, protein, and fiber will help keep you energized, satisfied, and focused.

Smart Snacking...



- ✓ Helps keep blood sugar and energy levels stable throughout the day.
- ✓ Fills in gaps where nutrient needs aren't met at meals.
- ✓ Discourages overeating later in the day.

Quick Trail Mix Recipe: Toss together ½ cup unsalted mixed nuts and/or seeds, ½ cup raisins or other dried fruit (chopped), and 1 cup whole grain toasted oats cereal (or other whole grain cereal with less than 3g added sugar per serving). Pre-measure zipper bags of ½ cup servings, and keep in your bag, at your desk, in the pantry, etc.

