



Be a Smart Snacker

Long days and packed schedules can make healthy, balanced eating a challenge. Due to busy lifestyles, snacking has become extremely prevalent in our society. It is not uncommon to observe a coworker eating a snack at their desk in between daily projects. On average, American adults consume 2.3 snacks per day. Snacks now contribute about 440 calories per day to the average American woman's diet and about 630 calories per day to the average American man's diet (Kant & Graubard, 2015).

Snacking more frequently has not been shown to have a relationship with higher weight status (Bellisle, 2014). There is a place for snacks in a healthy eating plan if snacks are chosen wisely. Snacks may actually prevent overweight and obesity by curbing hunger and preventing overeating at meals and later in the day.

Think of snacks as mini-meals and choose a variety of nutrient-rich foods. To be a smart snacker, choose snacks from the grains, fruit, vegetable, and dairy food groups that follow the guidelines below:

150-250 Calories

- Calories measure the amount of **energy** in foods
- To maintain a healthy weight, we must **balance** the calories we **consume** with the calories we **burn**

3 grams Fiber



- Fiber is a **type of carbohydrate** that is not digested
- Fiber will **keep you feeling full** for longer
- **Whole grains** and **fruit** are great sources!



5 grams Protein

- Protein **builds structure** in the body (bones, muscle, skin, blood)
- **Lean meats, nuts, beans, and dairy** are great sources!



<12 grams Fat

- Fat is important because it **produces hormones** and **protects organs**.
- Saturated fat (found in **animal products**) should be limited.

Snacking 101

Hungry? Or Stressed?

Before grabbing a snack, ask yourself, “Am I hungry? Or am I just bored or stressed?” If you are not really hungry, busy your mind by going for a walk or starting a project.



Alternatives for when you're not actually hungry:

- Enjoy a cup of tea
- Take a nap
- Walk the dog
- Do some yoga
- Read a book
- Call a friend

Portion Control When Snacking

We have all eaten in an area with distractions, such as in front of the TV. It is recommended that snacks are not eaten in front of electronic devices because this environment can easily lead to overeating. Think about portion control when snacking and avoid eating directly from multi-serving packages. Instead, portion out snacks before sitting down to eat, and then take more only if you are still hungry.

Portion Sizes of Popular Snacks

Nuts (raw or roasted)	One serving = 1 ounce (~ ¼ cup)
<ul style="list-style-type: none">• 24 almonds• 18 cashews• 35 peanuts• 12 hazelnuts	<ul style="list-style-type: none">• 19 pecan halves• 14 walnut halves• 49 pistachios
Dried Fruit	One serving ~ ¼ cup
Dips (hummus, nut butters, dressings)	One serving = 2 Tbsp.
Tortilla or Potato Chips	One serving = 10–15 chips
Cheese	One serving = 1 ounce (size of 4 dice)
Popcorn	One serving = 3 cups popped

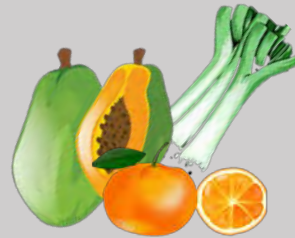


Budget Friendly Snacks

- Buy fruits and vegetables when they are in season – they are easy to get, have more flavor, and are less expensive.
- Buy canned fruits packed in 100% fruit juice or canned veggies that are reduced in sodium.
- Buy nonperishable items in bulk.

WHAT'S IN SEASON?

SPRING	SUMMER	FALL	WINTER	YEAR-ROUND
March, April, May	June, July, August	September, October, November	December, January, February	Spring, Summer, Fall, Winter
Apricots	Beets	Acorn Squash	Brussel Sprouts	Bananas
Broccoli	Blackberries	Apples	Clementine	Bell Peppers
Cherries	Cantaloupe	Artichokes	Dates	Bok Choy
Green Beans	Corn	Brussel Sprouts	Grapefruit	Cabbage
Honeydew	Cucumber	Butternut Squash	Kale	Carrots
Oranges	Eggplant	Cauliflower	Kiwi	Celery
Peas	Grapes	Cranberries	Leeks	Coconut
Pineapple	Nectarines	Mushrooms	Papaya	Lemons
Rhubarb	Peaches	Pomegranate	Passion Fruit	Lettuce
Strawberries	Pears	Pumpkin	Tangerines	Olives
	Plums	Sweet Potato		Onions
	Radishes	Turnips		Potatoes
	Raspberries			Rutabagas
	Summer Squash			
	Tomatoes			
	Watermelon			



To discover more seasonal produce go to: www.seasonalfoodguide.org

Healthy Snacking Ideas



Snack Guidelines:

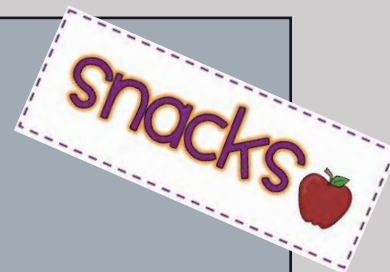
- 150-250 Calories
- 3 grams Fiber
- 5 grams Protein
- Less than 12 grams Fat

What can I snack on?

1. Whole-grain English muffin topped with pizza sauce and melted cheese.
2. Yogurt with fruit and granola. Or yogurt with crushed graham crackers and sliced banana.
3. Whole wheat tortilla with peanut butter. Add sliced apple or banana.
4. Vegetables with Greek yogurt dip.
5. Mashed hardboiled egg mixed with 1 Tbsp. Greek yogurt. Spread on whole grain bread or crackers.
6. Banana dipped in melted chocolate and placed in freezer until frozen. If desired, roll in sprinkles or graham crackers before freezing. Add peanut butter.
7. Homemade snack mix with whole-grain cereal, nuts, dried fruit, popcorn, chocolate chunks, or popcorn. Add Parmesan cheese or spices for more flavor.
8. Whole wheat tortilla with yogurt dip or cream cheese. Add veggies and roll up.
9. Peanut butter mixed with Greek yogurt. Use as a dip for fruit or whole grain crackers. Add honey for some sweetness.
10. Whole-grain waffle topped with yogurt or peanut butter.
11. English muffin with cream cheese and fruit spread.
12. Whole grain crackers or cucumber slices topped with sliced cheese.
13. Ham or turkey deli meat rolled up with cheese.
14. Granola bars or whole-grain cereals with less than 10 grams of sugar per serving.

Additional snack ideas:

- string cheese and fruit
- tortilla chips and salsa or guacamole
- frozen grapes or blueberries
- smoothie made with yogurt, nut butter, and fruit



References

Bellisle, F. (2014). Meals and snacking, diet quality and energy balance. *Physiology and Behavior, 134*, 38-43. Retrieved from <https://www-sciencedirect-com.proxy1.library.eiu.edu/science/article/abs/pii/S0031938414001449>

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