

## Snacking is not the problem

- ◆ Snacks help meet our hunger and nutritional needs
- ◆ It's what we snack on that can be problematic ...



## Have a snack plan

- ◆ Include snacks on your grocery list
- ◆ When you're on the go, bring along healthy snacks and avoid buying unhealthy foods

### Easy-to-pack snacks:

- ◆ Baby carrots
- ◆ Dry cereal
- ◆ Pretzels or popcorn
- ◆ Fresh fruit



## Healthy snacks can:

- ◆ Help you meet daily nutrient needs
- ◆ Provide extra energy and nutrients during a busy day
- ◆ Control your appetite
- ◆ Refuel your body between meals
- ◆ Satisfy small appetites (children and older adults)



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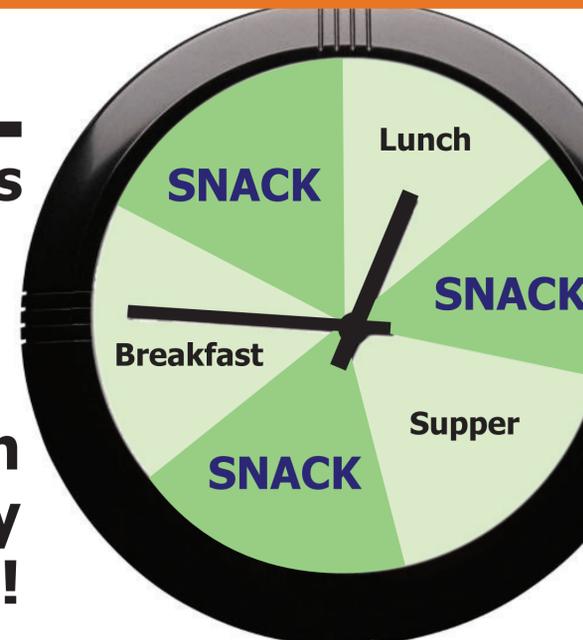
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## FILL the gaps

... with healthy snacks!



## Smart snacks

### Dairy

- ◆ Nonfat yogurt with fruit
- ◆ String cheese
- ◆ Nonfat or low-fat chocolate milk

### Fruits and Veggies

- ◆ Baby carrots with low-fat dressing
- ◆ Frozen 100-percent fruit bars
- ◆ Fresh or dried fruit
- ◆ Fruit salad

### Grains

- ◆ Whole-grain cereal
- ◆ Pretzels
- ◆ Rice cakes
- ◆ Popcorn
- ◆ Low-fat whole-grain crackers

### Nuts and seeds

- ◆ Limit portion because they are high in calories



## Be an informed snacker

- ◆ Read the Nutrition Facts panel and ingredient list on the package
- ◆ All-natural, organic or whole-grain doesn't always mean nutritious
- ◆ Watch portions

## Do you know how much you're eating?

- ◆ Moderation is key to smart snacking
- ◆ Monitor how much you eat
- ◆ Always read serving size information
- ◆ A small package often contains more than one serving
- ◆ You may consume double or triple the amount of fat, calories and sugar shown on the front label if you eat the entire package



## Snack smart!

- ◆ Plan nutritious snacks
- ◆ Allow at least two hours between meals and snacks
- ◆ Be mindful — eating while doing other activities, such as studying or watching TV leads to eating more
- ◆ Avoid eating because you're bored

## Pick a better snack

- ◆ Pretzels instead of chips
- ◆ Fresh or dried fruit instead of fruit snacks
- ◆ Juice or low-fat milk instead of sweetened drinks
  - ◆ Low-fat chocolate pudding instead of a candy bar

