

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 adults)



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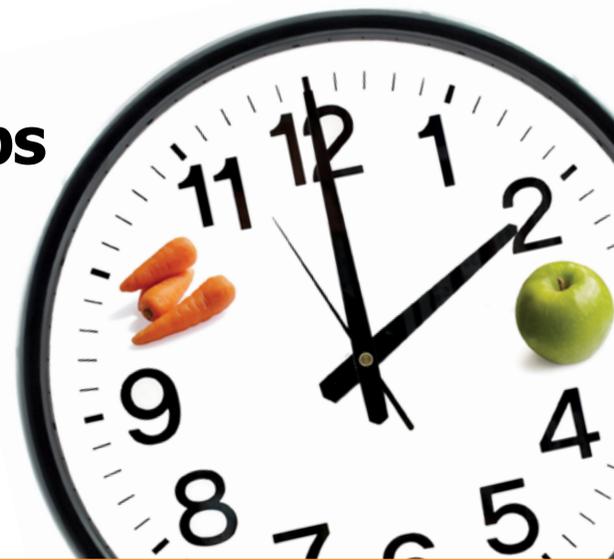
For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

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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.

Trans Fat	0g
Cholesterol	0mg
Sodium	80mg
Potassium	300mg
Total Carbohydrate	37g
Dietary Fiber	8g
Soluble Fiber	
Insoluble Fiber	
Sugars	13g
Protein	9g

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 package may contain more than one serving.
- You may eat more fat, calories and sugar than shown on the label if you eat the whole 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

