



Snacking Made Easy

Many people believe that snacking is bad or unhealthy. But did you know that snacking can actually be beneficial if you're eating healthy foods? Eating snacks can help you feel more energized and less tempted to overeat at meal time. Plus, you can use snacks to get the extra vitamins and nutrients that you don't get in your regular meals.

What is a "Snack"?

Most people already know how to snack, but people do not usually practice healthy snacking. A snack is typically a food that is not one of the main meals of the day. People eat snacks to temporarily lessen their hunger, get an energy boost, or just because they like the food.

Most snack foods are easily portable, durable and not very perishable, but they are often low nutrient foods packed with fat and sugar. They are often made with lots of preservatives, sugar, and salt. But you can make the best out of snacking by choosing foods that are low in calories, fat, sugar, salt, and preservatives. One of the best ways to use snacking to your advantage is to eat vegetables and fruits. Many, such as carrots, apples, and oranges are conveniently sized and easily transportable. You will get the nutrients you need and feel fuller, too.

Size is Everything

Be aware of how much you're eating as well. Remember, a snack is meant to be small and is supposed to tide you over until your meal. Eating a snack that is the same size as your main meal defeats its purpose. Eating well-proportioned, nutritious snacks throughout the day can help you feel fuller and more energized.

Tips for Better Snacking

- Avoid eating while watching TV.
- Measure out a serving size of your snack foods so that you are not tempted to eat more.
- Keep your refrigerator and pantry stocked with healthy snacks.
- Monitor yourself-eat only when you're hungry. Do something else for 10 minutes. If you're still hungry then have a snack. Most of us snack out of boredom which can pack on extra calories (and pounds!).
- Try to choose snacks that have 250 calories or less.
- If you exercise, eat within 1 or 2 hours after your workout so that you keep energized and so that you're not overly hungry at your next meal.





Snack Time Suggestions

When you get a craving for a snack, what do you usually reach for? Is it something sweet? Crunchy? Salty? Whatever your preference, there are alternatives that can satisfy your taste buds yet help keep you healthy. The key is to practice choosing the healthier foods rather than the foods you might typically pick. When you're hungry or when you need an energy boost, try one of these healthy snacks instead.

Keep in mind that to maintain your current weight, you need to balance your CHiPs. You can earn more CHiPs by doing things that are active throughout the day. To find out your Base CHiPs and how to balance your CHiPs, check out the PACE Project website: http://www.paceatwork.org/chips_base.php

Looking for something...sweet, or salty, or crunchy? Check out these healthy, fast options to satisfy your craving:

SWEET	SALTY	CRUNCHY
Fresh fruit (1/2 cup cut up or 1 medium sized whole)	Pretzels (10 pieces)	Hard breadsticks (1 breadstick)
Low-fat fruit yogurt (1/2 cup)	Popcorn (1/2 cup)	Biscotti (1 biscotti)
Frozen juice/juice popsicle (1 cup)	Baked tortilla chips with salsa (1/2 cup)	Fresh salad (1/2 cup)
Low-fat pudding (1/2 cup)	Edamame (green soybeans) cooked with salt (1/2 cup)	Carrots or celery (1/2 cup) with hummus
Graham crackers with low-fat milk (2 squares)	Dried apple chips (1/4 cup)	Pretzels (10 pieces)
Animal crackers (16 pieces)	Pumpkin seeds in shell (1/4 cup)	Banana chips (1/4 cup)
Low-fat chocolate milk (1 cup)	Bagel chips (1/2 cup)	Dry cereal (1/2 cup)
Fruit leather (1 bar)	Rice cakes (1 cake)	Fresh apple slices (from 1 medium apple)
Fruit smoothie—make with skim milk and fresh fruit or fruit juice (1 cup)	Baked vegetable chips (1/2 cup)	Melba toast with part-skim mozzarella cheese sprinkled on top (2 pieces of toast)