

Smart Snacking

Make your snacks count!

Snacking can be a smart habit when it's done right. Healthy snack choices provide important nutrients that you may not get enough of in the rest of your day, like fiber, vitamin D, and calcium. Make your snacks count! Choose snacks that provide a lot of nutrients, not just calories.

Smart snacking habits

Plan ahead. Snack attacks don't have to be bad or out of control. Take control by keeping healthy snacks on hand in your refrigerator, backpack, or office.

Portion it out. Large containers lead to large portions. Look for snacks that come in single-serving containers, or portion your own snack into a small bowl or re-sealable bag.

Figure in fiber. Different types of fibers have different health benefits. Fiber is important for digestive health. An added bonus: fiber-rich foods help you feel full with fewer calories. Add fiber by choosing fruits, vegetables, and whole grains as snacks.

Pack some protein. Add satisfying and nutritious variety to your diet with a little protein. Grab some yogurt, low-fat cheese, lean meat, a hard-boiled egg, or ½ ounce nuts (12 almonds, 24 pistachios, or 7 walnut halves).

Dip it. Plain fruits and veggies don't appeal to you? Jazz them up with a little dip. Try a little yogurt with your fruit, or a bit of hummus, salsa, or reduced-fat dressing with your veggies.

Size up food labels. Use the food label to compare products, check serving sizes, and find foods that have more of the nutrients you need. Nutrient content claims and the Nutrition Facts Panel can help you identify foods that are good and excellent sources of important nutrients like fiber, vitamin D and calcium.

- "Good source" provides 10-19% of the Daily Value in one serving.
- "Excellent source" provides at least 20% of the Daily Value in one serving.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value
	Total Fat 0g	0%	Potassium 150mg	4%
Saturated Fat 0g	0%	Total Carbohydrate 13g	4%	
Trans Fat 0g		Dietary Fiber 5g	20%	
Cholesterol less than 5mg	1%	Sugars 4g		
Sodium 55mg	2%	Protein 3g	6%	
Vitamin A 10% • Calcium 10% • Vitamin D 15% • Phosphorus 8%				
Not a significant source of vitamin C and iron				

Serving Size 1 Container (113g)
Servings Per Pack 4
Calories 50
Calories from Fat 0
*Percent Daily Values are based on a 2,000 calorie diet

Use your cravings.

Are you craving something that is crunchy, creamy, salty, or sweet? Choose a healthy snack that satisfies your craving and provides valuable nutrients without breaking your budget for calories, fat, and sodium. Use these suggestions to spark your imagination as you create your own healthy snacks that count.

Creamy: Low-fat or fat-free yogurt or pudding

Tasty tip: Dish up a yogurt parfait by layering fruit and yogurt. Add a sprinkle of crunchy whole grain cereal on top.

Crunchy: Whole grain crackers, bell pepper slices and carrots with dip

Tasty tip: Create your own trail mix with whole grain cereal, dried fruit, pretzels, and nuts.

Salty: Tortilla roll-ups with lean deli meat and mustard, low-fat popcorn

Tasty tip: Make a mini pizza with ½ English muffin, a couple tablespoons tomato sauce, and a sprinkle of cheese.

Sweet: Berries, reduced-fat ice cream, dried fruit

Tasty tip: Top a banana with a scoop of low-fat frozen yogurt and a bit of whole grain cereal.

