

# “FOOD FOR THOUGHT”

## Powerful Snacks

Snacks are foods eaten between a regularly scheduled meal. It is suggested by many health professionals that people eat less at breakfast, lunch, and dinner and have two or three snacks each day. This is called grazing.

Snacks aren't extras—they are part of your diet, so you should think about your day and try to plan when and where you might feel the need for a snack. Choosing foods wisely can satisfy food cravings; enhance metabolism; and provide essential nutrients such as vitamins and minerals.

Hectic schedules and meals-on-the-run should not include fast foods and quick pick up snacks such as pastries, chips and candy. Select snacks from the food groups and balance one snack with another food from a different group. Keep snacks small and only snack when hungry and not bored.

How Do I Choose Wisely?	
<b>FAT</b>	no more than 30% of total calories (about 3 grams per serving)
<b>SATURATED FAT</b>	no more than 10% of total calories (about 1 gram per serving)
<b>SODIUM</b>	no more than 140 mg per serving
<b>ADDED SUGAR</b>	no more than 20% of total calories or 4 grams per serving

### FAT AND SUGAR CALCULATIONS:

**Fat Grams x 9 calories**  
**Total Calories x 100 = Percent (%) calories from fat**

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**Saturated Fat Grams x 9 cal**  
**Total Calories x 100 = Percent (%) calories from fat**

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**Sugar grams**  
**Weight in grams = Percent (%) Sugar**



### HEALTHY SNACKS

- Animal or graham crackers
- Bagel (half)
- Baked tortilla chips
- Cottage cheese w/fruit
- Crackers with peanut butter
- Fat-free popcorn
- Fresh fruit
- Frozen Fruit Bars
- Fruit juices (100%), fruit smoothies
- Fruit, nut and/or grain trail mix
- Hard cooked egg
- Low fat fruit muffins or cookies
- Low fat milk and yogurt
- Low fat string cheese
- Nuts
- Pretzels
- Raw vegetables w/low fat dip
- Rice cakes or mini rice cakes (flavored)
- Unsweetened cereal
- Wheat crackers
- Whole wheat English muffin

