

Use social media to find new and creative ideas for smart snacks!



Plan out when to snack. Aim to eat 2-3 snacks a day.



Ask yourself "am I hungry, or am I eating because of an emotion?"

150-250

Aim for snacks to be between 150-250 calories.

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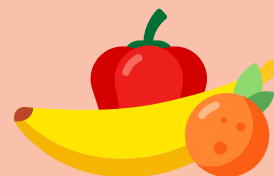
SMART SNACKER



Don't snack in front of the TV or on a device!



Limit pre-packaged snack foods like cookies, crackers, and potato chips.



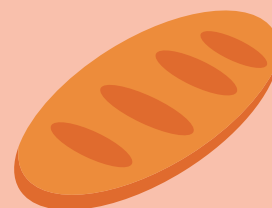
Make whole fruits like apples, grapes, and bananas easy to grab!



Keep 'junk food' snacks out of the house!



Look for first ingredient on the nutrition label to be a fruit, veggie, dairy product, or protein.



If eating a carb based snack, make it whole grain.

SNACKING

THE GOOD THE BAD THE UGLY

Benefit



Can help keep you full longer and prevent you from overeating at your next meal

Easy to over-snack and consume too many unwanted calories that can cause weight gain

Risk



Benefit



Provides a boost of energy, especially for children and teens doing physical activity or participating in sports

Excessive snacking can lead to skipping meals or replacing meals entirely with snacks, which might not provide you with adequate daily nutrients

Risk



Benefit



Can be a source for extra nutrients not obtained through your 3 main meals

SNACK



SWAP

INSTEAD OF...



TRY THIS...

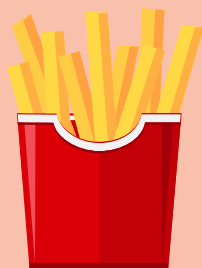
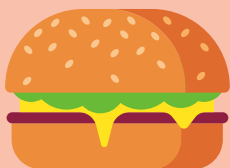


SNACK



SWAP

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