

Healthy Snacking. In a Nutshell.

Grab a Healthy Snack Activity

1. Start with picking a fruit or a vegetable.
2. Then pair it with another food from any other food group.
3. Aim for foods high in protein and fiber that contain healthy fats or are low in other fats, added sugar, and calories.

Make a list of fruits and vegetables you like, and then write down a food from another food group you can pair it with. Come up with as many as you can!

FRUITS	FOOD FROM OTHER FOOD GROUPS
VEGETABLES	FOOD FROM OTHER FOOD GROUPS

My Snacking Goal:

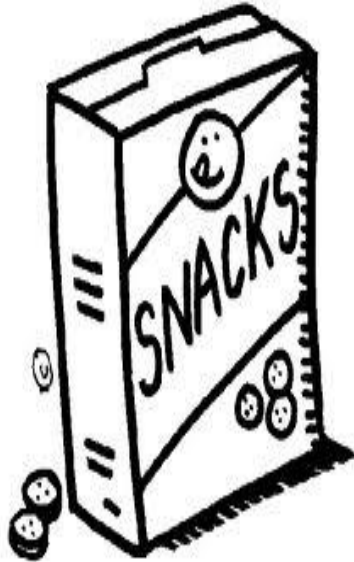
Circle one from the suggestions listed below or write one of your own!

- Take 5-10 minutes away from my desk, computer, and phone to enjoy a healthy snack every afternoon at work.
- Bring a healthy snack from home every day.
- Encourage co-workers to take turns bringing healthy snacks for the break room.
- Don't keep change in my desk for the vending machine.
- Portion out one serving of all my snacks before I start eating.
- Other: _____

What's in your Snack?

The Nutrition Facts label is filled with a ton of information!

What should you look at first?



Nutrition Facts	
Serving Size 1 oz. (28g/About 10 crisps)	
Servings Per Container 10	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 0%
Thiamin 4%	Niacin 6%
Vitamin B ₆ 4%	Phosphorus 8%
Zinc 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients: Dehydrated Potatoes, Modified Food Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), and Dextrose. No Preservatives.

Step 1: Serving Size

How much can you have? 1 cup, ½ cup, 1 oz, 10 chips? Different products have different portion sizes.

Step 2: Serving Per Container

Is it the whole container or just a portion of it? Even if the container seems like it was made for one person, it could actually be for two or even three servings! Pay attention to some of your beverages, too.

Step 3: Calories per serving

Remember healthy snacks should total 100-300 calories, depending on your physical activity, time between meals, and size of your other meals.

% Daily Value: This number tells you what percentage of your daily need is in this food item. These numbers are based on a 2,000 calorie diet, but you

may require fewer or more calories. % Daily Value is still useful in helping you decide the quality of your snack. Aim for higher percents of fiber, protein, vitamins, and minerals, while keeping the saturated fat, cholesterol and sodium percents lower.

Ingredients: Less is more! Look for products with fewer and more recognizable ingredients. Fewer ingredients may indicate less processing and more nutrients retained within the product!

Modified from: *The Basics of the Nutrition Facts Panel*, Academy of Nutrition and Dietetics website. <http://www.eatright.org/Public/content.aspx?id=10935&terms=nutrition+facts+panel>. Accessed April 21, 2011.