



## Simple Ideas for Smart Snacking

In today's busy world, snacking is part of our daily routine. Whether we're hurrying from one appointment to another, missing lunch to get through the piles of work, or waiting a few minutes for a ride or the kids, many of us depend on snacks to keep us going throughout the day. When planned as part of our daily food choices, snacks can help fill hunger gaps, contribute energy and important nutrients, and keep us in good health.

The key is to fit snacks within the Dietary Guidelines 2010 and MyPlate, our guides to healthful eating. MyPlate, with its five food groups, offers practical advice for choosing a healthful diet that meets our individual nutrient and calorie needs.

We all know that snacks can also provide extra calories and fat, which can lead to extra pounds and increased risk for health problems. The following is an example of how snacks can really add up:

| <b>Snacks</b>             | <b>Calories Fat</b> |            |
|---------------------------|---------------------|------------|
| 12 oz. can of soda        | 140                 | 0 g        |
| 2/3 c. Fritos (1 oz.)     | 160                 | 10g        |
| 4 Oreo cookies            | 200                 | 9g         |
| 1 glazed doughnut, 3 1/4" | 240                 | 14g        |
| 4 c. butter popcorn       | 170                 | 11g        |
| 1 package instant saimin  | 480                 | 21g        |
| <b>Total</b>              | <b>1,390</b>        | <b>65g</b> |

Wow, that's enough calories and fat for one day for an average woman without any meals! So how about these healthier choices? Start by selecting snacks that are lower in fat and calories. Read the Nutrition Facts on food labels. It's important to make informed, as well as great tasting, snack choices.

| <b>Smart Snacks</b>                            | <b>Calories Fat</b> |            |
|--|---------------------|------------|
| 8 oz. orange juice                             | 110                 | 0 g        |
| 2/3 c. party mix (1 oz.)                       | 130                 | 4g         |
| 1/2 c. cereal mix with dry<br>fruits and nuts  | 130                 | 4g         |
| 1 c. low fat yogurt                            | 180                 | 3g         |
| 4 c. microwave lite popcorn                    | 110                 | 5g         |
| 1/2 c. fat-free Ranch dip<br>for veggie sticks | 100                 | 0g         |
| <b>Total</b>                                   | <b>760</b>          | <b>16g</b> |

Watch your portion sizes. Even snack foods that have moderate amounts of calories and fat can add up quickly. Don't tempt fate with a large bag or container of food—before you know, it *will* be half empty. Take one serving in a bowl and stick to that one serving.

Sometimes a product that has been reduced in fat has more added sugar (to maintain the flavor) so the total calories may not be reduced. Check the Nutrition Facts when comparing food items.

Stop the craving. Sometimes we're just "ono" for something in particular. If that something is high in calories, fat, or sugar, we may try our best to avoid it. Sometimes we just end up eating everything else in the house just to stop the craving. If you're craving chocolate, go for the mini-sized candy bars, not the whole bag but just one or two. It'll taste great, the craving will be satisfied, and your calories won't be compromised.

Make healthy snacks a part of your smart eating plan. Here's to good health!

Visit our Nutrition Education for Wellness (NEW) website at [www.ctahr.hawaii.edu/NEW](http://www.ctahr.hawaii.edu/NEW)