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Healthy Snacking. In a Nutshell.

For Adults

Really good news

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Healthy snacking is good for you!

- Great pick-me-up
- Tastes great
- Opportunity to eat important food groups
- Keeps you from overeating at your next meal
- Can be beautiful and colorful

More good news

Snacks from all food groups fit:

Grains-whole wheat crackers, pretzels, cereal

Vegetables-cucumbers, bell peppers, radishes

Fruit-banana, pineapple, raisins, peaches

Dairy-milk, yogurt, string cheese

Protein-nuts, beans, lean meats, eggs

The scary statistics

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- In 2009, an estimated 32.5% of adults consumed fruit two or more times per day (CDC)

- 26.3% consumed vegetables three or more times per day (CDC)

More bad news

- Percent of adults age 20 years and over who are obese: 34% (2007-2008) (CDC)

- Percent of adults age 20 years and over who are overweight (and not obese): 34% (2007-2008) (CDC)

Cost of obesity

$147 billion/year

Consequences of overweight and obesity

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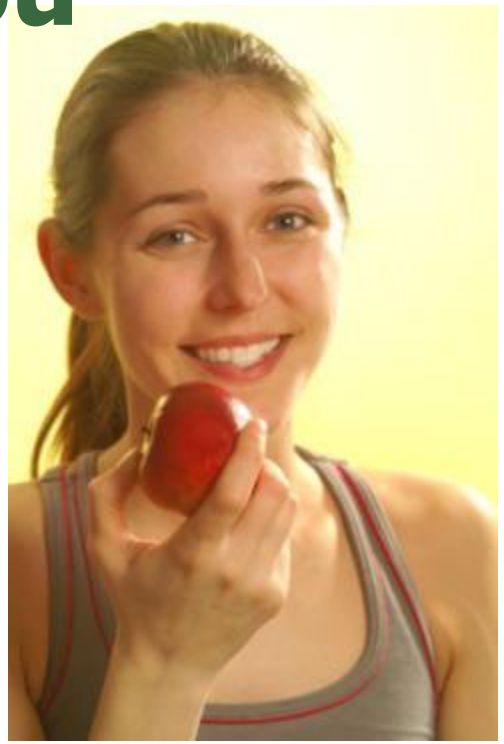
- Premature death
- Heart disease
- Diabetes
- Cancer
- Breathing problems
- Arthritis

What SHOULD You Be Eating?



Balancing Calories

•Enjoy your food, but eat less.
•Avoid oversized portions.

Foods to Increase

•Make half your plate fruits and vegetables.
•Make at least half your grains whole grains.
•Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

•Compare sodium in foods such as soup, bread, and frozen meals—and choose the foods with lower numbers.
•Drink water instead of sugary drinks.

Healthy snack rules for adults:

- One or two snacks a day
- Under 200 calories each for average adult

Healthy Snack Ideas

- Pretzels
- Low-fat popcorn
- Grapes and whole grain crackers
- Peanut butter and celery
- Baby carrots and low-fat ranch
- Hummus on a whole wheat tortilla
- Low-fat yogurt with fruit
- String cheese
- Peppers and bean dip

- Hard boiled egg
- Tuna salad and whole grain crackers
- Fruit smoothie
- High fiber cereal and low-fat milk
- Sugar-free pudding and graham crackers
- Trail mix
- Fruit salad
- Nuts

Did you know…

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Nuts can play a healthy role in healthy snacking!

Why Nuts?

- Healthy fats
- Fiber
- Vitamin E
- Plant sterols
- L-arginine
- Antioxidants

- Inexpensive
- Easy to store
- Portable
- Taste great
- Great source of protein
- Trans-fat free
- Great any time of the day, as meals and snacks

Recommended serving size

- A 1 oz portion of nuts equals:

-small handful
-49 pistachios!

Portable (nonperishable) snacks

- Portable for work
  - Keep them in your desk
- At the gym
  - Keep a small container in your gym bag
- In the car
  - For snack emergencies
- On a trip
- For a party
- Snacks for a meeting

Portable Snack Ideas

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- Trail mix
- Dried fruit
- Whole grain crackers
- Whole grain pretzels
- Granola bars
- Nuts
- Nut butters
- Bottled water

Snack Attack Activity!

Summary

Eat healthy snacks because:

- They are a great pick-me-up
- They taste great
- They give us the opportunity to eat important food groups
- They help keep us from overeating at the next meal
- They can be beautiful and colorful

Looking for more great tips?

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Visit www.kidseatright.org for more tips, articles, and recipes!

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