Snacking is not the problem
- Snacks help meet our hunger and nutritional needs.
- It’s what we snack on that can be problematic.

Have a snack plan
- Include snacks on your grocery list.
- When you’re on the go, bring along healthy snacks and avoid buying unhealthy foods.

Easy-to-pack snacks:
- Baby carrots
- Dry cereal
- Pretzels or popcorn
- Fresh fruit

Healthy snacks can:
- Help you meet daily nutrient needs
- Provide extra energy and nutrients during a busy day
- Control your appetite
- Refuel your body between meals
- Satisfy small appetites (children and adults)

Snacking is the problem

Smart snacks

**Dairy**
- Nonfat yogurt with fruit
- String cheese
- Nonfat or low-fat chocolate milk

**Fruits and veggies**
- Baby carrots with low-fat dressing
- Frozen 100 percent fruit bars
- Fresh or dried fruit
- Fruit salad

**Grains**
- Whole-grain cereal
- Pretzels
- Rice cakes
- Popcorn
- Low-fat whole-grain crackers

**Nuts and seeds**
- Limit portion because they are high in calories

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Be an informed snacker
- Read the Nutrition Facts panel and ingredient list on the package.
- All-natural, organic or whole-grain doesn’t always mean nutritious.
- Watch portions.

Pick a better snack
- Pretzels instead of chips
- Fresh or dried fruit instead of fruit snacks
- Juice or low-fat milk instead of sweetened drinks
- Low-fat chocolate pudding instead of a candy bar

Do you know how much you’re eating?
- Moderation is key to smart snacking.
- Monitor how much you eat.
- Always read serving size information.
- A package may contain more than one serving.
- You may eat more fat, calories and sugar than shown on the label if you eat the whole package.

Snack smart!
- Plan nutritious snacks.
- Allow at least two hours between meals and snacks.
- Be mindful. Eating while doing other activities, such as studying or watching TV leads to eating more.
- Avoid eating because you’re bored.