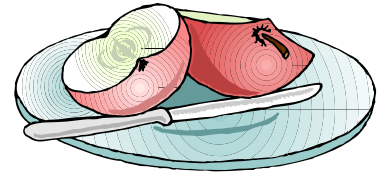


SMART SNACKING

Snack Myths...

- They cause weight gain
- They result in poor nutrition
- They ruin appetites



Some Great Things About Snacks...

- They help prevent hunger between meals
- They can keep you from overeating at meals
- They help you get enough servings from the Food Guide Pyramid
- They can be a source of quick energy or longer lasting fuel

Healthy Snack Guidelines

- Choose snacks from the five major food groups
- Use foods from more than one food group for variety and added nutrition
- Plan snacks 3-4 hours after a meal
- Eat larger portions when you're most active in the day and have the smallest amount in the quiet, less active part of your day
- Balance meals with snacks for calorie and weight control
- Remember to count carbohydrate snacks as part of your meal plan
- Listen to your hunger cues
- Plan ahead for snack attacks
- Monitor your blood sugar levels

Snack Portion Size Guide

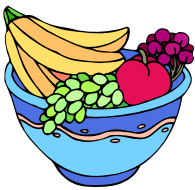
- ½ cup fruit, veggie, cooked cereal, pasta or rice = a small fist
- 1 tortilla = a small (7 inch) plate
- ½ bagel = the width of a small soft drink lid
- 1 teaspoon of margarine or butter = your thumb tip
- 2 tablespoons of peanut butter = a golf ball
- 1 small baked potato = a computer mouse
- 1 pancake or waffle = a music cd
- 1 medium apple or orange = a baseball
- 1 ½ ounces of cubed cheese = 6 dice
- 1 ½ ounces of string cheese = your index finger

Snacks that are less than 20 calories **OR** less than 5 grams of carbohydrate per serving are called **free foods**. They should be spread out during the day if you want more than one serving.

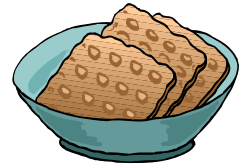
Free Food Samples
(limited to serving size as indicated.)

1 cup vegetable juice
bouillon broth
2 sugar-free hard candies

2 cups raw vegetables
sugar-free gelatin dessert



Healthy Snack Samples
Equal to 1 Carbohydrate Serving
(15-20 grams of carbohydrate)



1 small fresh fruit
1/8 - 1/4 cup (2-4 Tbsp) dried fruit
1/2 cup fruit juice, unsweetened
1/2 cup canned fruit, juice or water packed
1 cup sliced fruit
1 100% fruit juice bar, frozen
3/4 oz. (10-15 twist) pretzels
15 - 20 low-fat snack chips
3-5 cups low-fat popcorn (microwave or air popped)
6 low-fat crackers, round type
3 small squares of graham crackers

1 cup milk (1%, 1/2% or skim)
1/2 cup low-fat, chocolate milk
1 cup light, sugar-free yogurt
1/2 cup sugar-free pudding
1 cup soup, broth type
1/2 bagel or english muffin
1 small granola bar
1/2 - 1 cup dry whole grain cereal
1/2 cup cooked cereal
1 slice whole grain bread

Snacks with no carbohydrate
(Yet may be high in fat and calories, so watch the portions)

Cheese (all types)
Jerky
Nuts/Seeds

Low-fat (< 3 grams fat) lunchmeat
Egg

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