

know



Snacking



We all love to snack. And research shows that eating between meals can actually be good for you—especially when you choose the right foods and keep an eye on portions.

Smart snack strategies

- 1. Be prepared.** Pack nutritious non-perishable snacks to keep in your car, your bag, or at your desk so you're less tempted to reach for unhealthy alternatives.
- 2. Keep the good stuff in sight.** Store low-calorie, nutrient-rich fruits and vegetables within reach and high-sugar, high-fat snack foods out of sight—and out of mind.
- 3. Plan your portions.** Repackage and pre-portion foods into smaller containers or buy single-serve snacks to grab on the go.
- 4. Snack sensibly.** Choosing healthy foods and beverages can help you get the nutrients you need. Look for snacks that are good sources of dietary fiber and protein to help keep you satisfied so you don't overeat between meals.

Know How to Snack Smartly

Why snack? Besides satisfying your taste buds, a nutritious snack between meals can:

- 1. Help you manage your weight.** Sometimes, if you only eat three times during the day, you can end up overeating at those meals. Many nutrition professionals recommend to spread your calories over three small meals and three light snacks to aid in fullness throughout the day and to help prevent overeating at any one meal. In fact, studies show that by planning and sticking to a consistent snacking routine, you can help curb your appetite and cut back on calories over the day.
- 2. Boost your brainpower.** Research shows healthy snacks can enhance memory, attention, and reaction time. Waiting too long between meals can lead to a drop in blood glucose (blood sugar), the brain's preferred fuel. By powering your brain with nutrient-rich snacks, you can help keep your thinking sharp all day long.

3. Improve your mood. Even scientists agree that snacks can improve your mood. Go too long without eating and you may experience a dip in blood glucose, leaving you feeling cranky and irritable. But snacks can help maintain your blood glucose and your positive outlook.

4. Fill in gaps in nutrition. Waiting too long between meals may lead to unhealthy eating. Instead, stay satisfied with healthy, pre-portioned snacks containing vitamins, minerals, whole grains, or fiber. You'll avoid the temptation for high-fat, high-sugar foods, which sometimes contain empty calories. Looking for some appealing ideas? See our snack suggestions on the back.

5. Keep your energy up. Eating every 3-4 hours, or 5-6 times a day, can help you avoid energy ebbs and flows. By including snacks in your eating plan, you may even find you have more energy to exercise.



Where do you find a snack that really satisfies? Hint: it's not the candy machine. Chances are, you already have some of these nutritious choices on hand.

Smart Snacking Options

What's your ideal snack? Crunchy, chewy, creamy, salty, or sweet—with a little imagination, you can find a nutritious snack to satisfy any craving. We've gathered a few ideas to get you started, but feel free to come up with your own!

- 1 medium piece of fruit and 1 cheese stick
- 1 tbsp. peanut butter and ½ banana on 2 *Keebler*® graham crackers
- 2 slices turkey and 1 oz. low-fat spreadable cheese, rolled together
- 10 *All-Bran*® Crackers (Multigrain) + ¼ cup hummus
- ¼ cup homemade trail mix; whole grain cereal, walnuts, dried cranberries and dark chocolate chips
- 1 cup low-fat yogurt or fat-free pudding with ½ cup fresh berries
- 2 cups air-popped light popcorn sprinkled with parmesan cheese
- 1 *Right Bites*® cookie pouch with ½ cup (4 oz.) fat-free milk
- 1 *Nutri-Grain*® Cereal Bar (8 grams whole grains) and 1 cup fat-free milk
- 1 slice whole-grain bread topped with 1 tbsp. peanut butter and sprinkled with cinnamon
- 1 whole-wheat tortilla stuffed with ¼ cup low-fat cheese and ¼ cup canned black beans
- ¼ cup walnuts mixed with raisins
- 2 oz. canned chicken mixed with 1 tbsp. low-fat yogurt and seedless grapes (serve with whole-wheat crackers)
- 1 sliced apple spread with 2 tbsp. almond butter
- 1 cup *Kellogg's Frosted Flakes Gold*® and ½ cup fat-free milk
- 1 small baked potato with skin topped with 1 slice diced lean turkey, ¼ cup shredded low-fat cheese.

For more information:

American Dietetic Association:
www.eatright.org

Kellogg's Nutrition™:
KelloggsNutrition.com

Kellogg's
Nutrition™

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