Snack Galore

Rebecca Da Silva, RD

"The red circles are your red blood cells.
The white circles are your white blood cells.
The brown circles are donuts. We need to talk."

Why Snack?

- Regulate blood sugar levels
- Keep body from going into " starvation mode"
- Boost metabolism
- Increase energy throughout the day
- Aids in weight loss by curbing appetite at meal time

When should I snack?

- Don't go more than 3-4 hours without eating
- Make sure to snack before and after workouts
- Between breakfast and lunch, also between lunch and dinner (typically)

How much is too much?

- Try to keep snacks around 200 calories or less
  - The goal is not to put HUGE amounts of extra calories in the body, it is more to keep your metabolism going!
- If you are VERY active or are trying to gain weight, then snack can be around 300 calories

Portion Guide

- ½ tsp.= finger tip
- 1 tsp.= thumb tip
- 2 tbs. (¼ c)= golf ball
- "small fruit"= computer mouse
- "medium fruit"= baseball
- 1.5 oz. cheese= 6 dice
- 3 oz. (chicken, fish etc.)= deck of cards
- Pancake/waffle- 4" CD
- "small cookie"= poker chip
- 1 cup (pasta, rice, etc.)= 1 fist
- Muffin= hockey puck

What constitutes a " good" snack?

- Low calorie
- Low sugar
- Low sodium
- Nutrient dense
- "compound snacks"= protein + carbohydrate
  - Carbohydrate gives quick energy
  - Protein gives energy for later

What to Look for in a Label

- Calories per SERVING- When you are reading a label, be sure to note the serving size for the calories given on the label. You may be surprised!
- Sodium- " low sodium" < 135 mg/serving, "very low sodium" <40 mg/serving
- Fat- "low fat" <3g/serving
- Trans fat- BE CAREFUL! Items can claim they are trans fat free, but still have up to 0.5 g of trans fat per serving!
- Sugar- Items that are lower in calories, sodium, or fat tend to be higher in sugar so that taste isn't compromised

Label Reading

Label Reading con't

Kashi®
TLC® Crunchy Granola Bars
Honey Toasted 7 Grain

Nutrition Facts

Amount/Serving	% DV*	Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 5g	8%	**Cholesterol** 0mg	0%	Insoluble Fiber 1g	
Sat. Fat 0.5g	3%	**Sodium** 150mg	6%	Sugars 6g	
Trans Fat 0g		**Total Carb.** 26g	9%	**Protein** 6g	
Polyunsat. Fat 2g		Fiber 4g	16%		
Monounsat. Fat 3g		Soluble Fiber 3g			

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 6%

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Label Reading con't

Nutrition Facts

Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Potassium 220mg	6%
Total Carbohydrate 19g	6%
Sugars 17g	
Protein 5g	10%
Calcium	15%

Label Reading, con't

Remember....

- Snacking isn't grazing- DO NOT eat mindlessly!
- Moderation is key- the point is not to pack on needless calories.
- Compound snacking is best.
- Just because an item says " all natural" or " pure" doesn't mean it's nutritious- watch for sugar and sodium!
- Keep it interesting and fun, food should not be boring!
- Remember your portion sizes- some foods are very calorie dense!
- Prepare healthy snacks in advance to avoid less healthy temptations.
- Think "portable" when shopping for snacks

Good Snack Options

- Dairy- yogurt, low-fat cheese
- Nuts- almonds, walnuts, nut butters
- Starches- mini bagels, whole wheat crackers, pita, rice cakes, whole grain cereal, granola/granola bars
- Produce- raw, sliced fruits and veggies, dried fruit
- Low sodium vegetable juice, fruit and yogurt smoothies, milk

It's All About Combos!

- Fruit and cheese kabobs
- Hummus and veggie slices
- Peanut butter with apple slices, celery, mini bagel, or ricecakes
- Trail mix- dried fruit, nuts, whole grain cereal
- String cheese and applesauce
- Half of a turkey sandwich
- Tuna salad
- Yogurt and granola
- Oatmeal or cottage cheese with fruit pieces

Try This…

Making Trail Mix

- Raw almonds, dried apricots and mini-sized shredded wheat cereal
- Cashews, dried cranberries, puffed rice and toasted coconut
- Walnuts, golden raisins, mini pretzels and dark chocolate chips
- Almonds, dried blueberries, oat cereal

Quick Options

- String cheese
- Applesauce
- Almonds
- Tabouli and pita
- Hummus and pita
- Yogurt and granola
- Fruit and peanut butter
- Popcorn
- Meat and cheese roll ups

For the Late-Night Nosher

- … it's ok- **sometimes**!
- If you are productive late night, feed your brain!
- Make the calories you are consuming nutritionally WORTH IT
- Snack lightly
- Keep hydrated
- Maintain proper portions

Snacking Resources

- The American Dietetic Association, www.eatright.org, has plenty of good snacking tips and ideas!
- www.eatingwell.com has great healthy snack recipes to keep things interesting.
- www.mypyramid.gov is a great website to track food intake and check nutrition labels on most food items.

Wellness Warrior Nutrition Expert

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- Graduated in 2010 from Ball State University's Dietetic Internship
- Graduated 2009 from Central Michigan University, BS in Dietetics.
- Currently working on MS in Dietetics
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Set up a consultation!

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