

THE SCOOP

**WHY
ACT
NOW**







Healthy Snacks

Your stomach is a rumblin', so grab a snack! WHY?

- * Additional source of nutrients (if regular meals aren't enough).
- * Levels out blood sugar = normal brain function & stable energy.
- * Curbs your hunger between meals.
- * You'll feel fuller and eat less during meals.
- * To avoid making poor convenient choices, plan ahead & pack your snacks.



Healthy Snack Swaps

<p>Crunchy Wafer Chocolate Bar</p>  <p>Calories = 218 Fat = 11g Protein = 3g</p>	<p>Classic Potato Chips (1 bag)</p>  <p>Calories = 280 Fat = 18g Protein = 3g Fiber = 1g</p>	<p>Filled Donut</p>  <p>Calories = 270 Fat = 5g Protein = 5g Fiber = 1g</p>
<p>Sweet & Salty Bar</p> <p>Calories = 94 Fat = 4g Protein = 2g Fiber = 1g</p> 	<p>Dried Banana Chips (20)</p> <p>Calories = 145 Fat = 9g Protein = 1g Fiber = 2g</p> 	<p>Rye Cracker with Cheese</p> <p>Calories = 104 Fat = 5g Protein = 7g Fiber = 1g</p> 

Tips for Healthy Snacking:

1. Buy small packages of food or take small portions from larger packages.
2. Avoid snacking while watching TV, reading, doing homework or playing on the computer. This is called 'mindless eating', where you'll eat more just because you aren't focusing on it.
3. Include 2 of the 4 food groups in every snack (focus on protein & fiber).
4. No more than 3 snacks per day.

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