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**Consumer Decision Making Contest**  
*1999-2000 Study Guide*

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HEALTHY SNACKING

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**What is a Healthy Snack?**

\$ a healthy snack is one that provides nutrients that our body needs such as carbohydrates, vitamins and minerals

**Benefits of Snacks**

- \$ Better Concentration
- \$ Improved Mood
- \$ More Energy
- \$ Higher Performance

**Why do we snack?**

**\$ For Energy and Nutrients**

C Our bodies constantly need energy. Nutritionists are now recommending that we eat smaller meals throughout the day and more healthy snacks in between meals.

**\$ Busy Schedules**

C Whether at work, school or at home, we often skip meals or eat smaller meals on busy days. Snacks provide the nutrients and calories we many have missed throughout the day.

**Comparing Snacks**

\$ Snacks such as chips, candy and soda waters are labeled as Asometimes@snacks because they contain few nutrients that our body needs and are often high in calories, fat, sugar and sodium. These foods can be eaten on occasion.

\$ Snacks such as fruits, vegetables, low fat yogurt, and plain popcorn are healthy snacks because they provide needed nutrients and are low in calories, fat, sugar and sodium. They can be eaten anytime!

# Hints for Healthy Snacking

- \$ Choose foods high in nutrients and low in fat.
- \$ Choose fun and healthy foods. Try new foods you have never tried. Experiment with familiar foods to create new combinations.
- \$ Involve everyone in the family. Pick snacks that everyone likes and ask what snacks each family member wants specifically.
- \$ Plan ahead!! Buy fruits and vegetables, then cut them up ahead of time, put them in plastic bags and store. This way you can pick up a bag of veggies instead of a bag of chips!

## **Snacking by the Food Guide Pyramid**

It's easy to snack if we follow the Food Guide Pyramid! Choose snacks from each group to ensure a variety of snacks. Also, pick snacks that have ingredients from different groups. Some examples are: mini-sandwiches or tacos, snack pizzas, and trail mixes.

## **Reading labels when choosing snacks**

Be a smart shopper! When buying snacks, always read the labels. Look for snacks low in calories, fat grams and sugars. Beware of reduced-fat and low-fat items as these snacks may still be high in fat grams or may replace fat with sugar. Always compare labels between different snacks and snack brands.

**Have Fun and be a Smart Snacker ??**

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