



Take the Guilt Out of Snacking

Snacking is not frivolous eating.
Snacks can be a part of your daily food plan.



Why snack?

- ✓ To provide needed energy when going more than 4 hours between meals.
- ✓ To ward off a hunger “binge” later in the day.
- ✓ To eat foods that you can’t work into your meals.
- ✓ To keep you alert and sharp.

For Veggie Lovers:

- ✓ Carrot, celery, and or red or green pepper strips dipped in low fat yogurt.
- ✓ A glass of tomato or vegetable juice with Melba toast crackers.
- ✓ Cherry tomatoes with low fat cottage cheese.
- ✓ Tossed salad with low fat or fat free salad dressing and a few saltines.

Try these snack ideas...

For Crunchy Snack Lovers:

- ✓ Puffed rice or corn cakes and a glass of fat-free or low fat milk.
- ✓ Pretzels dipped in applesauce or low fat yogurt.
- ✓ Breadsticks dipped in fat-free Ranch salad dressing.
- ✓ Air-popped popcorn with a glass of orange juice.
- ✓ Crispix or Chex cereal with a cup of tea.



For Fruit Lovers:

- ✓ Apple slices spread lightly with peanut butter.
- ✓ Chunks of fruit with Ginger Snap cookies.
- ✓ Grapes with part-skim Mozzarella cheese cubes.



For Your Sweet Tooth:

- ✓ Banana drizzled lightly with chocolate syrup and a glass of fat-free or low-fat milk.
- ✓ Fat-free soft tortilla filled with apple slices, sprinkled with cinnamon and Splenda, rolled up, and warmed in the microwave.
- ✓ English muffin or bagel spread lightly with reduced fat cream cheese and all-fruit jam with a cup of decaffeinated coffee.
- ✓ Graham crackers and a glass of fat-free or low fat milk.

CHOICES MAKE A DIFFERENCE

Eat This...	Rather Than This....	You Save Fat Grams!
3 cups air-popped popcorn	3 cups regular microwave popcorn	12 g
6 Graham Crackers	6 Oreo Cookies	8 g
Apple	Apple Danish	9 g
½ cup raisins	½ cup peanuts	28 g
Cereal bar	Snickers bar	16 g
Frozen fruit bar	Ice cream bar	20 g

