



Snack Attack!

Guidelines for Picking the Perfect Snack

A snack is defined as *a light meal or food eaten between regular meals*. If planned sensibly, a snack may actually help curb hunger or supply you with a **burst of energy** needed to make it to the next meal or get through the work day. Smart snacking can help you reach or maintain a healthy weight.

Golden Rules of Smart Snacking

Avoid candy. Besides providing empty calories, the sudden surge in sugar can leave you with a “blood sugar low”, feeling tired and irritable.

Make Snacks Count. Choose snacks that satisfy your hunger and supply important nutrients (see recommended list, reverse page). Including fruits, vegetables, whole grains, nuts and seeds can help add missing vitamins, minerals, phytonutrients and fiber that you might miss at mealtime.

Watch portion sizes. Eating double or triple portions can quickly pile on calories and add inches to your waistline. For example, a single serving of peanuts, about 1 ounce or small handful, contains 170 calories. If you eat a full cup, the calorie count jumps to 340.

Dealing with Vending Machines and Pantry’s at Work

- Know what is available by visiting the vending machine or pantry at work or school when you are not hungry.
- Decide which selections are appropriate choices.
- When hunger strikes, know what to choose and what not to choose.

Smart Choices. Foods: Nuts or peanuts, dried fruits, trail mix, whole grain cereal bars or granola bars, pretzels, baked chips. Beverages: water, 100% fruit juice, vegetable juice, tomato juice or unsweetened tea, low fat or skim milk.

Worst Choices: Foods: Candy bars, hard candy, cookies, chips, crackers, cakes, snack cakes, sandwich crackers. Beverages: sweetened soda, sweetened iced tea, fruit punch, whole milk.

Plan Ahead, Be Prepared

Whether at work or school, stock your desk drawer or locker with healthful, shelf-stable items such as nuts, dried fruit, whole grain cereal bars, whole grain crackers and individual cans of fruit packed in natural juice or light syrup.

At home, fill your pantry with healthy choices for nighttime snack attacks. In most cases, you can set aside about 150 to 200 calories for a nighttime snack. Some examples include whole grain cereal with skim milk, container of yogurt, cup of hot chocolate made with skim milk, granola bar, an ounce of reduced fat cheese with 3-4 whole grain crackers.

For more information go to www.well-concepts.com or info@well-concepts.com

Category 1: Individuals who need 1,200 to 1,600 calories a day

- small women who exercise
- small or medium-sized women who want to lose weight
- medium-sized women who do not exercise much

Snack Smart Guideline: Choose one or two snacks totaling 200 calories per day as part of your daily calorie allowance

Category 2: Individuals who need 1,600 to 2,000 calories a day

- large women who want to lose weight
- small men at a healthy weight
- medium-sized men who do not exercise much
- medium-sized or large men who want to lose weight

Snack Smart Guideline: Choose one to two snacks totaling 300 calories per day as part of your daily calorie allowance

Category 3: Individuals who need 2,000 to 2,400 calories a day

- medium-sized or large men who exercise a lot or have a physically active job
- large men at a healthy weight
- medium-sized or large women who exercise a lot or have a physically active job

Snack Smart Guideline: Choose two snacks totaling 400 calories per day as part of your daily calorie allowance

Note: Individuals who are trying to gain weight: Choose one to two daily snacks totaling 300 to 400 calories per day in addition to your daily calorie allowance.

Mix 'N Match from these Healthful Snacks to Fit Your Snack Smart Guideline

75 – 100 calorie snacks

Hard boiled egg
4 small sardines
1 cup raspberries
Fresh apple or pear
3 graham cracker squares
1 mozzarella stick, part skim
1 cup/8 ounces V8 juice
Raisins
1 tablespoon hummus plus 4 whole grain cracker

100 – 150 calorie snacks

1 ounce trail mix
12-13 baked chips
1 ounce high fiber cereal
½ cup reduced-fat (2%) cottage cheese
1 ounce canned tuna or salmon plus 6 saltines
Kashi TLC Bar or Luna Bar
¼ cup wasabi peas
Low fat Yogurt

150 - 200 calorie snacks

1 oz. nuts
Mini whole grain pita bread + 1 tablespoon almond butter
½ peanut butter & jelly sandwich on whole grain bread
California roll
Chocolate Soy Milk
Yogurt & Fruit Parfait
Fruit Smoothie
Instant oatmeal, one packet flavored plus 4 oz.
Skim milk
Bean soup, 1 cup