

# SMART SNACKING STRATEGIES










## Before you reach for a snack, PAUSE. Ask yourself, “Am I really hungry?”

Sometimes people snack out of habit, boredom, or to temporarily relieve stress or provide comfort. If you aren't sure if you are hungry, consider trying something other than food before the snack. For example, a short walk, a cup of hot tea, reading a book, or calling a friend.






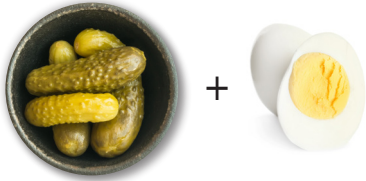
## Tips for choosing healthy snacks

- **Choose whole foods** more often. “Snack foods” don't have to come in a box or a package.
- If the snack does come in a package, **read the Nutrition Facts label and the Ingredients list**. Choose items with higher fiber, minimal added sugar, and fewer ingredients.
- Try to **include protein, healthy fat, or a combination** when you do snack. A serving of protein and/or a healthy fat can help you feel more satisfied and may reduce the impact on your glucose if the snack also includes carbohydrates.
- Portion out a **single-serving** snack *before* you start eating. Plan ahead and consider doing this before you feel hungry.

## Healthy snack ideas—big on taste, gentle on glucose

<p><b>Nuts/Seeds</b> ¼ cup walnuts, almonds, sunflower seeds, pumpkin seeds, 1 tablespoon natural peanut butter or nut butter</p> 	<p><b>Low-Fat Dairy</b> Cottage cheese, plain yogurt, small mozzarella balls, string cheese</p> 	<p><b>Non-Starchy Vegetables</b> Carrot sticks, cherry tomatoes, cucumbers, bell pepper strips, sugar snap peas</p> 
<p><b>Legumes</b> Steamed edamame, hummus, air-fried chickpeas</p> 	<p><b>Proteins</b> Hard-boiled egg, tuna salad (try it made with mustard or avocado instead of mayonnaise), cubed chicken or turkey</p> 	<p><b>Fruit</b> Strawberries, a small piece of whole fruit, ¼ avocado, 2 clementines</p> 
<p><b>Salty</b> Olives, sliced radish with salt and pepper, pickles, nori (dried seaweed)</p> 	<p><b>Sweet / Tart</b> Frozen raspberries or grapes, baked apple chips with cinnamon, fresh or broiled grapefruit</p> 	<p><b>Crunchy</b> Plain popcorn, celery, unshelled pistachios, or spice-roasted chickpeas</p> 

## Mix and match snack ideas

<p><b>Cottage cheese and sunflower seeds</b></p> 	<p><b>Bell pepper strips with tuna salad or guacamole</b></p> 	<p><b>Mozzarella balls with cherry tomatoes and a sprinkle of salt, pepper, olive oil</b></p> 
<p><b>Celery or carrot sticks and peanut butter</b></p> 	<p><b>Plain yogurt with frozen raspberries and a sprinkle of walnuts</b></p> 	<p><b>Pickles and a hard-boiled egg</b></p> 

## Beware of Health Halos

Don't be fooled by foods with "health halos". These are food products that appear to be healthy according to the marketing claims on the front of the package. These food products can often be loaded with refined grains, added sugars, and excessive calories. Common examples include snack bars, cereals, and crackers.

Let's practice! **Which snack is healthier?** Compare the Nutrition Facts and Ingredients lists to help make smart choices. Compared to the flavored yogurt, the plain yogurt has fewer added ingredients along with fewer calories, carbohydrates, and no added sugar.

### Example: Flavored Yogurt

#### INGREDIENTS

Cultured Grade A Low Fat Milk, Sugar, Modified Food Starch, Bittersweet Chocolate Pieces (chocolate liquor, cocoa butter, sugar). Contains 1% or less of: Kosher Gelatin, Corn Starch, Beet Juice Concentrate (for color), Pectin Potassium Sorbate Added to Maintain Freshness, Natural Flavor, Vitamin A Acetate, Vitamin D3.

#### NUTRITION FACTS

Serving size: 1 container

Amount/Serving		DV%
<b>Calories</b>	<b>170</b>	
Total Fat	3g	4%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	80mg	3%
<b>Total Carbohydrate</b>	<b>30g</b>	<b>11%</b>
Dietary Fiber	0g	0%
Total Sugars	22g	
<b>Incl. Added Sugars</b>	<b>18g</b>	<b>36%</b>
Protein	5g	9%

### Example: Plain Yogurt

#### INGREDIENTS

Grade A Pasteurized Skimmed Milk and Cream, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).

#### NUTRITION FACTS

Serving size: 1 container

Amount/Serving		DV%
<b>Calories</b>	<b>100</b>	
Total Fat	3g	4%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	50mg	2%
<b>Total Carbohydrate</b>	<b>5g</b>	<b>2%</b>
Dietary Fiber	0g	0%
Total Sugars	5g	
<b>Incl. Added Sugars</b>	<b>0g</b>	<b>0%</b>
Protein	15g	30%