

TIPS FOR SMART SNACKING

Your stomach is growling but lunch is hours away! You're eyeing the cookies on the counter but know you'll feel guilty if you indulge. If you think snacking is a bad idea read on and find out how snacking can help you achieve your goals rather than sabotaging your efforts.

Benefits of snacking include:

- Binge control if eating several nutritious snacks keeps you from taking second and third helpings at your next meal you will probably consume fewer calories
- With today's busy schedules a 'grab and go' can provide extra energy and nutrients and some nourishment is better than none at all
- Snacks can prevent you from being ravenous and eating whatever you can lay your hands when you finally get home!

Here are some tips to keep snacking as a 'help' rather than 'hurting' your diet:

1. Don't avoid snacks but plan them with variety, balance and moderation in mind. Snacks can be part of a healthy diet but can also be a source of excess calories if not eaten in moderation e.g. a single serving of almonds (23) contains 164 calories but if you eat handful after handful its easy to eat a cupful then the calorie count jumps to over 800.
2. Choose a wide variety of the following foods for snacks more often:
 - Whole grains rich in fibre and complex carbs gives you energy and has some staying power e.g. low fat whole grain crackers, whole grain pretzels and whole grain crisp breads
 - Fruits and vegetables- no fat, few calories, provides vitamins, minerals and fiber
 - Nuts and seeds - protein helps you feel fuller for longer. Contain mostly mono-saturated fats which are healthy kind of fat but are also high in calories so moderation is the key! .
 - Low fat dairy products - cheese, yogurt, low fat milk good sources of calcium and protein. Can be high in fat so choose low fat varieties. Watch for added sugar especially in yogurt, sometimes low fat means higher sugar!
3. Limit snacking to three times/day
4. For pack and go snacks buy small packages of food or if making your own keep portions small.
5. Don't snack out of the box. Measure out what you are going to eat and put the box away.
6. Avoid snacking in front of the TV or in the car when we tend to get into mindless eating!
7. Stock up your pantry and fridge with nutritious snacks such as fresh fruits and bite sized vegetables, whole grain low ft crackers, unsalted nuts and seeds, non-sugar coated cereals, low fat dairy products.
8. Keep snacks under 250 calories
9. Keep sugary and salty foods to a minimum!
10. Think of a snack as a mini-meal rather than as an opportunity to treat your self (well at least most of the time)

100 CALORIE SNACK IDEAS

<p>Crunchy</p> <p>Lg stalk celery stuffed with 1 T. chunky peanut butter or 1 T. soft light cream cheese</p> <p>A large dill pickle wrapped in a thin slice of boiled ham or swiss cheese, (or both)</p> <p>1 cup mixed veggies (zucchini, red pepper, celery, carrots, tomatoes and ¼ c fat free ranch dressing)</p> <p>10 dry roasted cashews or 12-15 natural almonds</p> <p>One rice cake thinly spread with fat-free sour cream and sprinkled with one tablespoon of crumbled bleu cheese.</p> <p>Either six saltine crackers or two graham cracker squares with 2 teaspoons of peanut butter or fruit jam.</p>	<p>Fruit</p> <p>One medium banana</p> <p>Generous 1/2 cup of sweetened applesauce, or 1-cup unsweetened</p> <p>Dried apricot halves, cooked, unsweetened, 1/2 cup</p> <p>1 cup raw cherries</p> <p>Four Dates, dried, pitted, whole</p> <p>1-cup Grapes</p> <p>One medium pear or 1/2 cup canned pears in heavy syrup</p> <p>1 cup raw strawberries or 1/2 cup frozen, sweetened</p> <p>Raw wedge of watermelon or 2-cups diced</p> <p>Pineapple, canned, unsweetened, six ounces</p> <p>Cut half an apple into slices and spread with 2 teaspoons of peanut butter</p>
<p>Cereal</p> <p>Cream of Wheat Regular or quick Mix'n Eat, plain, prepared, 1 packet</p> <p>Frosted Mini-Wheats, 1 ounce (about 1/2 cup)</p> <p>Grape-Nuts Flakes, 1 ounce (about 3/4 cup)</p> <p>Honey Smacks, 1 ounce (about 3/4 cup)</p> <p>Wheaties, 1 ounce (about 1 cup)</p>	<p>Chocolate Treats</p> <p>1 oz of dark chocolate (70% + cocoa)</p> <p>4 Hershey's kisses</p> <p>One-fifth Toblerone bar</p> <p>2 slices Terry's Chocolate Orange</p> <p>3 After Eight Mints</p> <p>2 chocolate chip cookies, 2-inches in diameter</p> <p>8 M & M's candies</p> <p>15 chocolate covered raisins</p>
<p>This ' n That</p> <p>2-T. water packed tuna mixed with a tsp. light mayonnaise, sprinkled with a dash of onion powder</p> <p>Omelet, plain with one large egg, skim milk</p> <p>Generous 1-cup serving of Minestrone</p> <p>Two T. hummus with 12 grape tomatoes</p> <p>Spoon 1/2 cup of salsa and 2 tablespoons of non-fat sour cream over a small baked potato</p>	<p>Other Suggestions:</p>