

## Healthy snacking



Your stomach is growling but lunch is hours away. You're eyeing the cookies on the counter, but know that you'll feel guilty if you indulge. If you think your best option is to avoid the snack altogether and wait for lunch, think again.

A wide variety of snacks can fit into a healthy lifestyle, so you don't need to avoid snacks. Rather, plan them with variety, moderation and balance in mind. Find out why and how snacks fit into a healthy diet and discover creative ways to satisfy your hunger.

You may feel regretful about snacking, but snacks aren't necessarily bad. In fact, mini-meals several times a day can be beneficial. Here's how:

- **Binge control.** If eating several low-fat whole-grain crackers, a few pretzels, a piece of fruit or raw vegetables keeps you from taking second or third helpings at your next meal; you may actually consume fewer total calories for the day.
- **Extra energy and nutrients.** Traditional, made-at-home meals often lose out to busy schedules. A grab-and-go snack can be the difference between some nourishment and none at all.
- **Satisfaction for small appetites.** Young children's tiny stomachs can hold only small portions of food at one time. Older adults who are less active and who burn fewer calories also may feel more comfortable eating smaller meals more frequently.

Incorporate healthful planned snacks in your menus, including some of your favorite foods, instead of "eating between meals". You may choose from the following lists that are set into categories according to the calories they provide.

### UNDER 50 CALORIES:

FOOD ITEM	SERVING	CALORIES
Cucumber slices	½ cup	7
Cream cheese	1 tsp	16
Zucchini sticks	1 cup	18
Fudge topping	1 tsp	20
Cherry tomatoes	6	26
Garlic crisp bread	2 slices	30
Peanut butter	1 tsp	32
Peach	1 medium	37
Strawberries	1 cup	45
Kiwi fruit	1 medium	46
Dried dates	2	46
Dried fig	1 large	47

**UNDER 100 CALORIES:**

FOOD ITEM	SERVING	CALORIES
Vanilla wafers	2	50
Dried prunes	5	50
Cantaloupe chunks	1 cup	57
Mango	½ small	68
Water-packed white tuna	2 oz	70
Cookies	2 small	75
Bagel half	Small	75
Goat cheese, soft	1 oz	75
Breadsticks	2	77
Saltines	6	78
Pita bread	½	79
Popcorn, air-popped	3 cups	93

**UNDER 150 CALORIES:**

FOOD ITEM	SERVING	CALORIES
Marshmallows	2	100
Graham crackers	3	100
Light rye crisp bread	4 slices	100
Banana	1 medium	106
Brown rice	½ cup cooked	108
Cream-style corn	½ cup	110
Animal crackers	10	112
Sweet potato	4 oz cooked	118
Mozzarella cheese	1 ½ oz	120
Fig bars	2	120
English muffin	1	135
Oatmeal, cooked	1 cup	146