

Food Facts

Sensible Nutrition for Healthy Families

Have a Snack!

What do you think of when you hear the word “snack?” Typical “junk food” items like potato chips, candy bars, cookies, and sodas often come to mind. Or you might remember being told not to have snacks because they would “spoil your dinner.” Well, the truth is that snacks can be part of a healthy diet when you choose nutritious foods that are eaten in moderation. In fact, they can make it easier to stay energized throughout the day.

Plan ahead and have healthy choices available at home and at work. Keep items on hand that you and your family members can easily throw together for a quick snack. Be creative! Whatever you choose, try to combine foods from at least two different food groups.

Craving something crunchy? Try raw vegetables instead of chips.

Want a sweet snack? Choose fruit over baked goods or candy.

Thinking about a frozen treat? Have a fruit smoothie rather than a milkshake.



Snack Smart

Many kids and adults do not eat the recommended amount of fruits, vegetables, whole grains, and calcium-rich foods needed for good health. Be a good role model and focus on nutrient-rich snacks such as these:

- Apple slices with low-fat yogurt dip
- Trail mix made with whole-grain cereal and dried fruit
- Baby carrots and broccoli florets with low-fat ranch dip
- Whole-wheat tortilla with melted low-fat cheese and salsa
- Peanut butter and banana sandwich on whole-wheat bread
- Mini-pizzas (whole-wheat English muffin, pizza sauce, mozzarella cheese, and chopped veggies) heated in microwave or toaster oven
- Whole-grain crackers with mozzarella cheese
- Whole-wheat soft pretzels with honey mustard and frozen grapes

Serve with low-fat or fat-free milk.

Shop Smart While Snacking Smart!

Choosing healthy food is a good value for your heart and your wallet! A small bag of chips and a candy bar may cost \$1.50. A nutrient-rich snack of a banana and a 6-ounce container of yogurt costs about 75 cents—half as much.

Individual serving size packages, precut, and prepared foods are convenient but you pay a premium price. Purchase larger amounts and package in individual servings to save money and give yourself a quick snack to go.

Snack Attack Mix

1 cup pretzels
1 cup raisins

1 cup roasted nuts
½ cup sunflower seeds

Mix together and store in an airtight container or portion in ¼ cup servings for a ready-to-eat snack.

Keep Healthy Snacks Ready to Grab and Go!

Keep healthy snacks in view. Have a “designated healthy snack shelf” in your refrigerator and/or cupboard. Keep cut-up fruit, veggies, and low-fat yogurt in your fridge and whole-grain crackers in your cupboard, ready to grab for a quick snack!

Bugs On a Log

Try out this fun, easy, and tasty snack for a healthy and low-cost option!

Choose a “log” option, top with a spread, and sprinkle with a “bug.”

Logs:

Celery, cut in 3-inch pieces
Apples, quartered and cored
Carrot sticks, cut in 3-inch pieces

Spreads:

Cream cheese, low-fat, fruit-flavored
Cheese, low-fat with pimiento
Peanut butter
Egg salad

Bugs:

Raisins, regular or golden
Whole-grain cereal, unsweetened
Sunflower seeds
Peanuts, chopped

A serving (one “log”) has about 30 calories and 1 gram of fat and costs about 20 cents*.

*Recipe cost and nutrient analyses are based on using 3-inch celery piece, 1 tablespoon low-fat cream cheese spread, and ½ tablespoon raisins.