

Betty on Health

make the most of a **SNACK ATTACK**

USE IN-BETWEEN MEALS TO ENHANCE HEALTH

Here a nibble, there a nibble, everywhere a nibble, nibble. It's the mantra of people who love their snacks.

Eating a mini-meal, or two, between breakfast, lunch and dinner has become a fairly common event for both adults and kids. Though myths persist that snacking will cause weight gain or get in the way of eating healthfully, depending on how you snack and which foods you choose, those in-between meals can be just what you need to boost your energy and your health.

here's how to get the most out of **YOUR SNACK ATTACKS**

SNACK WITH PURPOSE

Snacking is designed to satisfy hunger until the next meal. If it's stress, boredom or emotions that spur you to eat, pick a different "activity," ideally one that gets you moving.

TIME IT RIGHT

Whether it is you or your kids munching, space snacks in such a way that you arrive at main meals hungry. That means the snack bar closes at least two hours before lunch or dinner is served.

MAKE EATING THE FOCUS

Conscious snacking is key to healthful snacking—and a good way to keep calories in check. Serve yourself a set portion of food (keeping in mind it's a mini-meal) instead of eating right out of a box or bag while watching TV or working on the computer. Once the portion you have served is gone, move on to another activity.

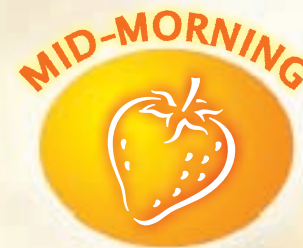
FILL IN NUTRITIONAL GAPS

Have snacks pick up the slack. They should contribute nutritionally to the meals you eat during the day. Fruits, vegetables, whole grains and calcium-containing foods are often lacking in adults' and kids' diets. Put them at the top of the list of good snack choices.

CHOOSE TWO OR THREE DIFFERENT FOOD GROUPS

Include complex carbohydrates such as whole grains for energy, lean protein to help extend that energy and fiber-rich foods to fill you up but not out.

super SIMPLE SNACK IDEAS



- Whole-grain cereal mixed with nuts and raisins or other dried fruit
- Low-fat yogurt and berries
- Whole wheat English muffin topped with peanut butter and apple slices
- Whole wheat tortilla rolled around ham or turkey and fresh spinach leaves



- Gingersnaps and low-fat pudding
- Bell pepper, carrot and jicama sticks dipped in low-fat cottage cheese or low-fat/fat-free dressing
- ½ whole wheat pita filled with hummus and cucumbers
- String cheese, pretzels and grapes



- Natural-style applesauce and graham crackers
- Vanilla wafers, vanilla yogurt and mandarin oranges
- Hot cocoa with fig bars
- Fruit ice or low-fat ice cream topped with frozen or fresh fruit