



# TASTY TIPS FOR Smarter SNACKING

## **1. Check your HUNGER level.**

Are you actually hungry? Or are you tired? Bored? Lonely? Happy? Or did you just see a food commercial on TV? If you aren't hungry, skip the snack until you are.

## **2. Check your FLUID level.**

Are you thirsty rather than hungry? Since it's easy to confuse the signals for hunger and thirst, try drinking a refreshing glass of water before you dig into a snack.

## **3. Check PORTION SIZES.**

Most super-sized snacks are loaded with fat, sugar and calories. If you want a sweet or salty treat, start with a small size or share a biggie size with a friend.

## **4. Check food labels and FACTS.**

What you don't know can come as a surprise to your waistline! 300+ calories in a nutrition bar?! 400+ calories in a latte?! 600+ calories in a fancy cinnamon bun?!

## **5. Pay ATTENTION to your snack.**

It's easy to overeat (and still not feel satisfied) if you eat while driving, reading or watching TV. Slow down and enjoy your snack; you'll eat less and enjoy it more.

## **6. Pay attention to PROTEIN.**

Many snack foods are low in protein, as well as high in sugar and fat. Foods with protein (meat, dairy, nuts and soy) provide more nutrients and have longer staying power.

## **7. Grab some NUTS.**

A small handful of nuts (about an ounce) can satisfy your craving for something salty and provide some super nutrition (vitamins, minerals and protein) at the same time.

## **8. Grab some VEGETABLES.**

Nature's fast food makes an excellent on-the-run snack. Keep sliced vegetables ready to go in the fridge and fill up a small bag whenever you head out the door.

## **9. Grab some FRUIT.**

Feeling like something sweet and flavorful? Fresh, dried or canned—fruit is a luscious treat anytime of day. Keep several single-serving fruit choices at home and the office.

## **10. Grab MILK or WATER.**

Soft drinks offer little except excess calories and caffeine! Looking for some liquid energy? Try low-fat or fat-free milk, and build some beautiful bones and teeth too!

National Nutrition Month®—  
March 2004. Adapted by the  
NC NET Program from  
Eat Right Montana materials