Snack Smart
Good, Better, Best!

JMU Health and PE Institute
July 10-21st, 2010
Snack Smart Overview

• Typical Snacks
• Where do snack fit in?
• Smart ways to snack
Typical Snacks

• Drinks

• Packaged Snacks
Where Do Snacks Fit In?

MyPyramid.gov
STEPS TO A HEALTHIER YOU
Grains

• Good
  – Crackers
  – Bagels
  – Pretzels

• Best
  – Whole Grain
    • Crackers
    • Bagels
    • Pretzels
Fruits and Vegetables

• Good
  – Any fruit or veggie!

• Best
  – Fresh
  – Frozen
  – Canned
  – Dried
  – 100% Juice
Dairy

- Good
  - Milk
  - Cheese
  - Cottage Cheese
  - Cream Cheese

- Best
  - Low or no fat
    - Milk
    - Cheese
    - Cottage Cheese
    - Cream Cheese
Protein

• Good
  – Meats
  – Beans
  – Nuts

• Best
  – Lean meats
  – Beans
  – Nuts
Drinks

• Good
  – Low or no fat milk
  – Coffee with fat-free milk and artificial sweetener
  – Tea flavored with lemon, raspberry, peach etc
  – Diet or low calorie drinks

• Best
  – Water
    • Plain
    • Flavored with lemon, lime, orange, or cucumber slices
    • Add a splash of 100% fruit juice to plain sparkling water
Smart Ways to Snack

- Plan ahead
- Read labels

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (85g) (3 oz.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per container</td>
<td>2.5</td>
</tr>
<tr>
<td>Amount per serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>45</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
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<tr>
<td>Sodium</td>
<td>55mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>10g</td>
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<tr>
<td>Dietary Fiber</td>
<td>3g</td>
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<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A: 28% • Vitamin C: 8% • Calcium: 2% • Iron: 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

| Total Fat | Less than 65g | 8g |
| Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | Less than 300g | 375mg |
| Dietary Fiber | Less than 25g | 30g |

Ingredients: Carrots.
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http://www.vahealth.org/NuPAFP/Champion