

LET'S GET STARTED

Snacking can boost the quality of your diet IF you choose the right snack. Snacking on typical junk food items such as chips, cookies, candy, and soda pop can lead to an excessive intake of salt, fat and sugar. Energy drain! Nip that in the bud! But a healthy, well-placed snack between meals can keep you feeling satisfied until you are able to eat your next meal. That means more energy for you! The trick is to keep energizing snack options nearby, so you can avoid the junk and meet your nutrition goals. Use these tips and recipes to set yourself on a path towards successful snacking!

Smart Snacking for Adults & Teens

TIPS TO MAKE SMART SNACKING DECISIONS

ONLY EAT SNACKS WHEN YOU ARE HUNGRY

People can gain weight by eating snacks when bored, watching TV, or during an emotional time. This is called “mindless eating.” Decide how hungry you are before you start snacking.

PRE-PLAN AND PRE-PACK YOUR SNACKS

Planning your snacks ahead of time is an easy way to avoid mindless eating. Wash, cut, and peel fruits and vegetables or cook some hard-boiled eggs and put them into small snack bags or containers to have a healthy snack readily available when hunger strikes.

BUY SEASONAL SNACKS

Throughout the year, the produce that is in season (and therefore, is the most flavorful and affordable) changes. Use these cues from nature to mix up your snacks and save money!

SATISFY YOUR SWEET TOOTH WITH FRUIT

Fruits have many natural sugars, which is a low-cost and healthy way to curb cravings for sweets such as ice cream or cookies.



EASY HOMEMADE SNACKS

- Trail mix with healthy cereals, nuts, seeds, and dried fruits
- Hummus with warm whole wheat pita strips
- Air-popped popcorn flavored with dried seasonings or parmesan cheese
- Kebabs with tomatoes, cucumbers, cubed cheese, and lean deli meat
- Handful of nuts, such as almonds, peanuts, cashews, or pistachios
- Sliced apple with a tablespoon of nut butter