

# Snack Attack

You're hungry. Again. Your stomach is grumbling. You reach for the only thing that will quiet the rumbling—a snack. But what's the deal? Why do you seem to be so hungry all the time? You're growing. Your body needs extra energy and nutrients from food. So quiet the grumble and rumble: eat a snack. Now, read on for some tips to help your snacking be tops.

## Snacktoid #1:

**Pick snacks to fill in your Pyramid gaps:**

- Hit your day's Bread Group target by snacking on a bagel, pretzels, popcorn, muffin, breakfast cereal, or oatmeal cookies, among others.
- If your day's meals come up short in the Vegetable and Fruit Groups, reach for crunchy raw vegetables, frozen fruit juice bars, dried fruit, or a piece of whole fruit.
- Short on the Milk Group? Grab string cheese, a carton of reduced fat yogurt, frozen yogurt, or guzzle a glass of milk.
- If you have a gap in the Meat Group, try a hard-boiled egg, a slice of meat, or a handful of peanuts.

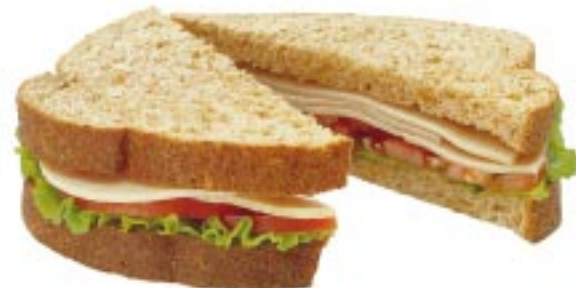


## Snacktoid #3:

Take time to enjoy your snacks, as well as your meals. It takes a while for your brain to know your stomach is full. Slow down, eat, and enjoy.

## Did You Know . . . ?

When you choose vegetables, paint your plate with color! Besides their good looks, dark-green leafy and deep-yellow vegetables can serve up a hefty amount of vitamin A and folic acid, nutrients that help keep you healthy. (Vitamin A is also great for healthy skin.) Plus, these foods are low in fat. What a great reason to snack on a carrot, red bell pepper, or spinach salad!



## Snacktoid #2:

If you snack on foods that have some fat or sugars, no problem. Just keep your helpings sensible.



## Snacktoid #4:

Make snack drinks count toward food-group servings. Drinking reduced fat milk, fruit juice, or a shake as a snack can help build your day's Pyramid.

## Snacktoid #5:

Do you reach for a snack when you're bored, nervous, happy, angry, or tense? If you do, you may be eating when you're not hungry. Find other ways to handle your feelings. Go for a walk, listen to music, or call a friend.

## Eat Up!

Each of these snacks counts toward servings from two to three food groups. They're ranked from super-easy to takes-some-effort to prepare.

### ULTRA EASY, NO FUSS

- reduced fat yogurt, topped with a favorite fruit
- baked tortilla chips with salsa
- baby carrots

### EASY, MINOR PREPARATION

- ice cream sandwich, made with oatmeal cookies
- microwave noodle soup mixed with corn or other vegetables
- peanut butter sandwich with banana slices

### A LITTLE MORE EFFORT

- fruit smoothie, made with ice cream, fruit and reduced fat milk
- ham and lettuce, rolled up in a soft tortilla
- microwaved potato, topped with reduced fat cheese



## Check Nutrition Facts

Thirsty? Which of these drinks would you choose? As you think about your choice, look at the Nutrition Facts on the food labels. Which drink would you choose for calcium? Which one for vitamin C? How big is a serving for each one?

### CAN OF COLA

Nutrition Facts	
Serving Size 12 fluid ounces	
Amount Per Serving	
<b>Calories</b> 140	
	% Daily Value*
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 50mg	2%
<b>Total Carbohydrate</b> 39g	13%
Sugars 39g	
<b>Protein</b> 0g	

\*Percent Daily Values are based on a 2,000 calorie diet.



### 2% CHOCOLATE MILK

Nutrition Facts	
Serving Size 1 cup (236 ml)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 130	<b>Calories from Fat</b> 45
	% Daily Value*
<b>Total Fat</b> 5g	8%
Saturated Fat 3g 15%	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 0g 0%	
Sugars 12g	
<b>Protein</b> 8g	
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 4%
<b>Calcium</b> 30%	<b>Iron</b> 0%
<b>Vitamin D</b> 25%	

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

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

### ORANGE JUICE

Nutrition Facts	
Serving Size 8 fl oz (240 ml)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 110	<b>Calories from Fat</b> 0
	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g 0%	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Potassium</b> 450mg	13%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 0g 0%	
Sugars 22g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 120%
<b>Calcium</b> 2%	<b>Iron</b> 0%
<b>Thiamin</b> 10%	<b>Niacin</b> 4%
<b>Vitamin B6</b> 6%	<b>Folate</b> 15%

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