

Healthy Snacking

Sometimes you just need a bite of something to keep you going. But you've heard that eating between meals isn't good for you.

Snacks are okay, as long as they're smart food choices. If you want an afternoon pick-me-up or after-dinner snack, have a piece of fruit, or spread peanut butter or low-fat cream cheese on whole wheat toast. Don't forget to include snacks in your daily food count. For example, one tablespoon of peanut butter spread on a slice of whole wheat toast counts toward the grains group and the protein foods group.

Here are a few ideas from Go4Life for healthy snacking:

- Stay away from “empty calories.” These are foods and drinks with a lot of calories but not many nutrients; for example, chips, cookies, sodas, and alcohol.
- Have a healthy snack instead, such as an ounce of cheese with some whole-grain crackers.
- Try a container of low-fat or fat-free yogurt.
- Eat some low-fat popcorn.
- Put fruit instead of candy in the bowl on your coffee table.
- Keep a container of cleaned, raw vegetables in the fridge for snacking on.
- If you want some chips or nuts, don't eat from the bag. Count out a serving, and put the bag away.
- When you're out and need a snack, don't be tempted by a candy bar. Instead, take along some fruit or raw vegetables in a plastic bag when you go out.



Quick Tip

For more ideas on healthy eating, read *What's on Your Plate? Smart Food Choices for Healthy Aging*.
www.nia.nih.gov/health

VISIT

www.nia.nih.gov/Go4Life

- Read tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.



National Institute on Aging

National Institutes of Health

U.S. Department of Health & Human Services

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.