

Snack Attack!



noun \ˈsnak\ a type of food not meant to be eaten as a main meal of the day – breakfast, lunch, or dinner – but rather to lessen the intensity of a person's hunger between these meals, providing a brief supply of energy for the body
verb \ˈsnak\ to eat a snack

SOMETHING SALTY
<ul style="list-style-type: none"> ◦ Mt. Olive Kosher Dill Petites PicklePAK (12 pickles, 0 cal) ◦ Orville Redenbacher's Mini Bag Kettle Korn microwave popcorn (100 cal) ◦ Sargento Light Cheese Stick (50 cal) ◦ Hard boiled egg, sprinkled with cracked pepper and sea salt (80 cal)
SOMETHING SWEET
<ul style="list-style-type: none"> ◦ Sugar Free Jell-O snack in Cherry/Black Cherry (10 cal) ◦ Crystal Light Frozen Ice Cup in Lemonade and Cherry Pomegranate (35 cal) ◦ Del Monte Ready to Blend Fruit Smoothie in Lite Strawberry Peach (makes 2 svgs, 80 cal each) ◦ Plain Greek Yogurt and a Crystal Light To Go in Raspberry Lemonade (105 cal, 18 g pro)
SOMETHING CHOCOLATEY
<ul style="list-style-type: none"> ◦ Jell-O Sugar Free Mousse Temptations in Dark Chocolate Decadence (60 cal) ◦ Emerald Cocoa Roast Almonds (1/4 c = 23 almonds = 150 cal, 6 g pro, 13 g fat, 1 g sugar) ◦ No Sugar Added Fudgsicle (40 cal) ◦ Special K Cereal Bar in Chocolatey Drizzel or Blueberry (90 cal, 1 g pro, 8 g sugar)
SOMETHING CRUNCHY
<ul style="list-style-type: none"> ◦ Hidden Valley Ranch Dip mixed into 16 oz of Plain Greek Yogurt. Serve ½ cup of this dip with 1 cup mixed baby carrots, celery sticks, jicama, cucumbers, etc. Save yourself time with a store bought veggie tray that you measure into individual containers to grab-and-go. (150 cal, 18 g pro) ◦ Cheerios, the original (1 cup = 100 cal, 3 g fiber) ◦ Special K Savory Herb Crackers with Laughing Cow Wedge in Light Mozzarella Sundried Tomato Basil (17 crax with 1 wedge = 125 cal) ◦ TLC Chewy Granola Bars in Honey Almond Flax (140 cal, 7 g pro, 5 g sugar)



What's in a Name??

What do you think of when you say **MEAL**?

- A mixed dish, involving multiple food groups, usually a lean protein and veggie
- Something eaten at the table, with silverware
- Something that requires some preparation

What do you think of when you say **SNACK**?

- Something that can be bought at a gas station or vending machine
- Something that can be eaten with your fingers
- Something that can be eaten while standing, walking, driving or sitting
- Junk Food

Just changing the **WORDS** you use to describe your diet helps you to make better choices.

Instead of having 3 meals with **SNACKS** in between, have 6 well planned **MINI-MEALS**.

- Focus on choosing foods that involve a lean protein, like yogurt, beans, eggs or meat, and something of color like a veggie or fruit
- Sit at the table and use a plate, silverware and a napkin
- Never eat while in the bed or in front of the TV or computer

Caveat: You are only allowed 2 servings of starch per day. Starches include bread, rice, pasta, potatoes, bread, rolls, tortillas, buns, hot cereals, cold cereals, pretzels, chips, crackers, popcorn, granola bars, etc. We do not encourage the use of starches at snack time. But if you can fit it into your meal plan without going over the allowed amount, what can we say?