



Snacking can be a *good* thing

Too often we snack without thinking about it because we're bored, stressed, or sad, rather than physically hungry. Often we snack just out of habit. We tend to eat these extra calories in addition to the other foods we eat, and they can add up and contribute to weight gain.

However, a planned, healthy snack can be good for you. By planning your snacks in advance and carefully selecting healthy snacks, you can avoid mindless snacking on less healthy foods and prevent yourself from overeating.

Tips for Healthy Snacking at Work

- Steer away from tempting but unhealthy snacks in vending machines and the cafeteria. If you don't buy them, you can't eat them. Instead, make healthy choices in the cafeteria and vending machines or bring healthy snacks from home.
- Do not keep a candy/snack dish on your desk.
- Watch portion sizes, especially with snacks that can be eaten by the handful, like popcorn, chips, jelly beans, M & M's and nuts. Read the label of a packaged snack and note the amount in one portion. Remember, you don't have to eat the whole thing. Instead, share or save some for another day.
- Ask yourself if you are really hungry. Maybe you are just thirsty, and a drink of water would satisfy you. Or maybe what you need is a break in your routine for a few minutes.
- Don't snack mindlessly! Appreciate every bite and remember that snack calories do count.
- *ALWAYS read the label on packaged snacks.* Choose snacks using these guidelines:
 - 5g Total Fat or less per serving – (saturated and *Trans fat* are included as part of total fat).
 - 30g Total Carbohydrates or less per serving (sugar is included as part of carbohydrate)
 - Juices containing at least 50% juice and 12 ounces or less
 - 1% or fat free milk, including plain or flavored and 12 ounces or less
 - Water, diet soda or iced tea, instead of regular soda or sweetened iced tea.



Healthy snacks for every craving

Thirsty?

- flavored water
- sparkling water
- carbonated sugar-free (diet) beverages
- tea with honey or lemon
- small non-fat milk
- tomato juice or V8 juice (look for low sodium)

Hungry?

- whole wheat toast, English muffin, or 1/2 bagel with jam
- cereal, hot or cold, with fresh fruit or honey, and skim or 1% milk
- low-fat or non-fat yogurt
- reduced fat cottage cheese

Craving sweets?

- applesauce (available in snack packs)
- piece of fruit or a cup of cut melon, berries or grapes
- low fat granola bar
- small low-fat pudding (also sugar-free)
- sugar free gum
- hard candy
- cherry tomatoes
- two Hershey kisses enjoyed very slowly (only two)

Need something salty or crunchy?

- celery sticks filled with low-fat cream cheese or peanut butter
- vegetables dipped in low-fat yogurt, fat-free sour cream, or low-fat or fat-free salad dressing
- piece of toast with peanut butter
- small bag of baked chips
- hummus with cut vegetables or low fat crackers
- 1 ounce of nuts (roughly a small child's handful)

Looking for snacks from the cafeteria or a vending machine?

Many healthy options are available, you just need to look. These include fruits (fresh and dried), nuts and cereal bars. The salad bar is also a great place to find a healthy snack.

References:

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