# Positive Changes

Change your perceptions of snacks. They should not be thought of as treats and desserts. Don't be fooled by those TV ads. We know candy bars have zero nutritional value and the "energy" they provide is an unhealthy sugar rush which could lead

to drops in blood sugar, cravings, and a greater appetite. The same goes for America's favorite liquid snack, soda.



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University of Florida-Volusia County Extension
De Land, Florida

## What is Extension?

Extension is a partnership between state, federal, and county governments to provide scientific knowledge and expertise to the public. The <u>University of Florida</u> (UF), together with <u>Florida A&M University</u> (FAMU), administers the Florida Cooperative Extension Service.

## **Our Mission**

The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences and to making that knowledge accessible to sustain and enhance the quality of human life.

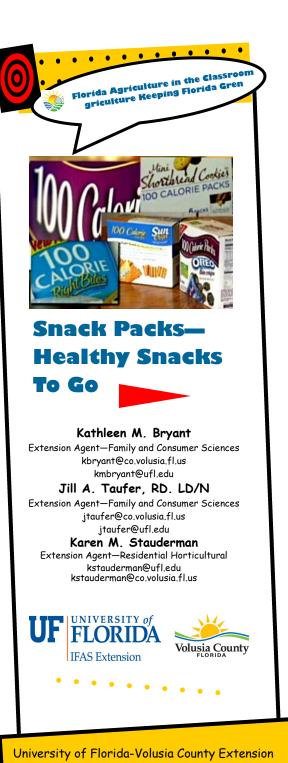
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# ► Plan It Don't Ban It!

#### Think about it!

Avoid mindless snacking. If you are elbow deep in a bag of chips while: driving, using the computer, or watching TV, you'll never know how



High in fat and sugar

never know how many calories you have consumed. Follow these guidelines for snacking:

- ♦ Take control
- Plan ahead
- Have favorite snack ready and available
- Portion servings appropriately
- Read labels and know the calories count
- 150—200 calories should satisfy your snack attack



Nutrient rich! Vitamins, minerals

# **Nutritious Snack Pack Tips**

- Apple or celery with peanut butter
- Whole grain cereal with dried fruit
- Raw veggies sticks
- Multi-grain cereal bar
- Fresh fruit mixes
- Dried fruit with nuts
- Popcorn
- Cheese squares with whole grain crackers

### 100 Calorie Snack Packs

#### Fresh Snack Packs

<sup>3</sup>/<sub>4</sub> cup fresh blueberries
 1 cup strawberries, sliced
 Nutrients: folate and Vitamin C

1 medium tangerine, peeled & sectioned 20 grapes

Nutrients: Vitamin C

#### Sweet & Savory Snack Packs

5 halves dried apricots, cut into strips 1/3 ounce roasted hulled pumpkin seeds Nutrients: B6 and Magnesium

#### Savory Snack Packs

34 cup cheese popcorn7 small whole-wheat pretzel twistsNutrients: All the B Vitamins, Magnesium,and folate

## Should I Snack?

Hectic lifestyles cause inconsistent meal times and snacks can help to supply needed nutrients from missed meals. Some 95% of Americans admit to snacking daily and snack choices add up to 18% of daily calories.

If it's been 3—4 hours since your last meal then it's time for a snack. The right snack will keep your energy level high, your blood sugar steady and hunger in check. The best snacks are combination foods. They should provide a mix of carbs and proteins to help you feel satisfied. Also, a little fat and fiber helps slow digestion and steadies blood sugar.





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