

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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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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University of Florida
Volusia County Extension

3100 East New York Avenue
De Land, Florida 32724

Phone:
386-822-5778 De Land
386-257-6012 Daytona Beach
386-423-3368 New Smyrna Beach
386-822-5767 Fax



Snack Packs— Healthy Snacks To Go

Kathleen M. Bryant

Extension Agent—Family and Consumer Sciences
kbryant@co.volusia.fl.us
kmbryant@ufl.edu

Jill A. Taufer, RD, LD/N

Extension Agent—Family and Consumer Sciences
jtaufer@co.volusia.fl.us
jtaufer@ufl.edu

Karen M. Stauderman

Extension Agent—Residential Horticultural
kstauderman@ufl.edu
kstauderman@co.volusia.fl.us

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FLORIDA
IFAS Extension



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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 many calories you have consumed. Follow these guidelines for snacking:



High in fat
and sugar

- ◆ 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

$\frac{3}{4}$ 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

$\frac{3}{4}$ cup cheese popcorn
7 small whole-wheat pretzel twists
Nutrients: 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.

