

SNACKS

I used the following article, which I believe I got from msn.com, as the basis for my comments, combined with some provided to the loop, in an article entitled "Physiology of Hunger."

In conclusion, I discussed some foods I had found around the house, with an eye to their value as a healthy snack. I had sandwich bags, with each containing 100-calories worth of the snack, so that everyone could see how much food they were getting, as I discussed the nutritional value of each.

I started with the one that would give the least quantity for 100 calories (peanuts), and ended with the one that we could eat the most of (carrots). The info re the snacks I used can be found following the article (I provided this portion to chapter members as a handout).

<<HEALTHY SNACKING -- Yes, you can!

Americans are becoming a nation of grazers. As we make our way through the day with several small meals, it is clear snacking is a way of life for many of us.

Examine your snacking habits by answering the following questions. Then continue reading to discover some helpful snacking tips.

Snack Quiz

Do your snacks fit into one of these groups: meat, poultry, fish and alternates; fruit; vegetable; bread, cereal and other grains; milk, cheese and yogurt?

Do you avoid snacks within one hour before a meal?

Do you have a written snack plan?

At this moment, do you have a bowl of fresh fruits or a container of cut vegetables available?

Do you snack when you are hungry?

Do you clean your teeth after snacks?

Nutritional Value of Snacks

Snacks can be packed with nutrients rather than empty calories. They can help fill the nutrition gap if proper choices are made. The following tips will help determine if your snacks contribute to healthful diets.

Select foods from the milk, cheese and yogurt group; meat, poultry, fish and alternates group; fruit group; vegetable group; bread, cereal, rice and pasta group. Foods from one of these groups contribute more nutritional value than foods from a fat, oils and sweets group.

Use snacks to supplement daily meals - not to replace them. If snacks are eaten within an hour before the meal, they interfere with your appetite at the meal.

To keep snacking under control, develop a plan. Include what will be eaten, how much, and the time for your snack.

Make appropriate snack choices available. Studies show snacks often are chosen because of availability rather than preference. If your cupboards are full of cookies, chips and candy, it's easy to make them your choice. If fresh fruits are washed, and vegetables cleaned and cut into finger foods, they become an easy choice.

Eat snacks when you are hungry. Young and middle-aged adults may not need snacks between meals to get through the day. However, as we get older, we may have difficulty with large meals and may do well with several small meals a day.

6. Structure snacks to reduce the risk of tooth decay. Choose snacks that don't stick to your teeth and are low in sugar. Plan snacks at regular times so it will be easier to brush your teeth after eating.

Eat a variety of foods. Avoid the rut of selecting the same snack all the time. Rotate your snack choices among the food groups. Remember to work snacks into your total daily food plan.

Balance the food you eat with physical activity -- maintain or improve your weight. Eat snacks to meet a physical need. Avoid eating snacks for boredom, frustration, or loneliness. If that is the case, try physical activity instead. Avoid high calorie snacks.

Choose a diet with plenty of grain products, vegetables, and fruits. Snack selections such as whole-grain bread or cereal products add fiber and starch. Fresh fruits and vegetables (especially with the skin or outer covering) are other good fiber sources.

Choose a diet low in fat, saturated fat, and cholesterol. Pay attention to the hidden fats in many snack foods such as cake, cookies, chips, and some types of crackers. Fruits, vegetables, low fat dairy products and plain breads and cereals limit fat intake.

Choose a diet moderate in sugars. Select snacks that have a limited amount of refined or concentrated sugars, such as table sugar, brown sugar, corn sweeteners, molasses, syrup and honey. Natural sugars from fruits provide plenty of sweetness in your life.

Choose a diet moderate in salt and sodium. Highly salted snacks are one of the biggest sources of dietary sodium. At parties, sit next to the vegetable plate rather than the chip, pretzel and salted popcorn bowls. Guard against excessive cheese intake, too, since cheese is high in sodium and fat. Even some low-fat cheeses are high in sodium.

If you drink alcoholic beverages, do so in moderation. In general, alcoholic beverages are not a good snack item. They contribute little nutritional value. For children, adolescents and pregnant women, alcoholic beverages should not be a part of the daily food plan, and definitely not a snack item.>>

-----Snack list follows-----

Planters' Dry Roasted Unsalted Peanuts

About 25 pieces = 100 calories

14 g fat 75% of calories from fat

2 g saturated 3.5 g polyunsaturated 7 g monounsaturated** No trans-fats**

2g fiber 8 g protein**

Harmony Deluxe Super Trail Mix

1/4 cup = 150 calories

7 g fat 40% of calories from fat

2 g saturated ?? g polyunsaturated ?? g monounsaturated No trans-fats**

3 g fiber 3 g protein

Reduced Fat Wheat Thins

12 crackers = 100 calories

4 g fat 25% of calories from fat

1 g saturated 0 g polyunsaturated 1.5 g monounsaturated** Contains trans-fats

1 g fiber 2 g protein

Thomas' Maple French Toast English Muffin

1/2 muffin = 80 calories

1.5 g fat** 10% of calories from fat**

0 g saturated** ?? g polyunsaturated ?? g monounsaturated Contains trans-fats 1 g fiber 5

g protein**

Kashi GoLean Crunch Cereal

1/2 cup = 95 calories

3 g fat ** 12% of calories from fat**

0 g saturated** ?? g polyunsaturated ?? g monounsaturated No trans-fats**

8 g fiber** 9 g protein**

Barbara's Bakery Puffins Cinnamon Cereal

3/4 cup = 100 calories **

1 g fat ** 10% of calories from fat**

0 g saturated** ?? g polyunsaturated ?? g monounsaturated No trans-fats**

6 g fiber** 2 g protein

Raw carrots

7 OUNCES** = 100 calories **

0 g fat ** 0% of calories from fat**

0 g saturated** 0 g polyunsaturated 1 g monounsaturated** No trans-fats**

7 g fiber** 1 g protein