



## \*6 GET SNACK-IN 9\*

For more information on healthy eating & active living, visit our web site at [www.getmovingkern.org](http://www.getmovingkern.org)



*“Don’t eat that, you’ll spoil your appetite!”*

How many times have you heard that? Snacks between meals, if they are “HEALTHY”, can play an important role in managing your hunger and boosting your nutrition. So what is a healthy snack?

### Healthy snacks are:

1. Foods from the 5 major food groups: (1) whole grain breads & cereals (2) fruit (3) vegetables (4) low fat milks and yogurts (5) lean meats, eggs and fish
2. Low in fat (<5 g), high in fiber (>2 g). See list of ideas.
3. Foods that you don’t eat enough of at mealtime, i.e., fruit, vegetables, dairy foods.
4. Best when eaten about 2 hours before or after meals.



**Remember** – Healthy Snacks should be part of an **ACTIVE LIFESTYLE**, with 60 minutes of physical activity every day!

## Prevent Obesity and Cavities Stay Away from Junk Food!

The average number of calories in snacks continues to increase every year as serving sizes of sodas, chips, & candy get larger. Eating “junk food” also increases the risk for cavities.

**Prevent weight gain and high dental bills – choose HEALTHY SNACKS.**

## Ideas for Healthy Snacks



- \* Non-fat Fruit Yogurt
- \* Fresh Fruit with yogurt dip– apples, pears, melon, berries, bananas
- \* Fresh Vegetables with low fat dip – baby carrots, tomatoes, & celery
- \* Non-fat milk and fruit smoothie (frozen fruit and milk in a blender)
- \* Whole grain granola bars