Snacking For Good Health

UNIVERSITY PARK (Centre Co.) — Contrary to popular belief, snacks can be part of a healthy lifestyle. They can be low in calories and low in fat, yet still be delicious, while contributing needed nutrients to your daily food intake.

People snack for different reasons. Sometimes they crave sweet or salty foods; other times they want a particular feel to the food, like crunchy or creamy. And sometimes they snack just becuase they're bored.

Some people need to snack to get the nutrients that they need. Preschool children have small stomachs, and they may not be able to eat enough in three meals to meet their needs. It's good for them to learn that nutritious snacks can taste good, especially since they often choose their own snacks once they start school. Teenagers may sometimes prefer to eat snacks instead of meals due to busy schedules and social activities. Adults frequently snack in addition to three meals a day.

Here are some suggestions to help you keep snacking healthy and nutritious without overeating:

* If you eat three meals a day and you want to snack, make your meals smaller than you need and select snacks with high nutritive value.

* If you prefer snacks to meals, eat the same amount of food as you would if you had three meals per day, but spread it out over the whole day.

* Plan your daily snacks. Take a muffin, low salt pretzels or graham crackers with you when you go out to avoid an afternoon trip to the vending machine.

* If you're away from home and want a snack, but don't have one with you, buy orange juice, plain popcorn, low fat yogurt or fresh fruit.

* Keep low fat, low calorie snacks around the house, instead of the high fat, high calorie kinds. Look for "Lowfat" on the labels when you shop.

* If you do want a high fat, high calorie snack, serve yourself a very small portion and put the rest out of your reach and sight.

CLASSIFIED AD ORDER BLANK
PLEASE WRITE CLEARLY

Lancaster Farming
1 E. Main St.
Ephrata, Pa. 17522
717-394-3047
or Lititz
717-626-1164

PHONE HOURS:
Mon., Tues.,
Wed. & Fri.
8 a.m. to 5 p.m.
Thurs.
7 a.m. to 5 p.m.

OFFICE HOURS:
Mon. thru Fri.
8 a.m. to 5 p.m.

The following categories are available for your classified advertising. In Section C. Deadline-Thursday morning at 9 of each week's publication

1- Farm Equipment
1a- Construction Equipment
2- Farm Eq. Wanted
3- Silos and Unloaders
4- Building and Supplies

The following categories are available in your classified advertising. In Section B. Deadline-Wednesday afternoon at 5 of each week's publication.

5- Grain Equipment
6- Dairy Equipment
7- Livestock Equipment
8- Cattle
9- Horses & Mules
10- Sheep & Goats
11- Swine
12- Artificial Breeding
13- Hog Eq. & Supplies
14- Poultry & Supplies
15- Feed & Seed
16- Fertilizer
17- Plants
18- Fruits & Vegetables
19- Nursery
20- Lawn & Garden
21- Services Offered
22- Custom Work
23- Help Wanted
24- Situations Wanted
25- Business Opportunities
26- Household
27- Pets
28- Lost
29- Found
30- Computers
31- Notice
32- Miscellaneous
33- Recreational Vehicles
34- Autos
35- Trucks & Trailers
36- Real Estate

MAIL TO:
LANCASTER FARMING
P.O. Box 609, Ephrata, PA 17522

NOTE: Please do not use this form for Mail Box Market Ads, see instructions in Section D with Mailbox Markets.

DEADLINES:
SECTION B - WEDNESDAY
AT 5:00 P.M.
SECTION C - THURSDAY AT 9:00 A.M.
OF EACH WEEK'S PUBLICATION

Name _____

Address _____

City_____ State_____

Zip _____ Phone (___) _____

Please publish my____word ad____times starting with the_____issue. Classify under #_____. I enclose_____.

Box Replies: Ads with answers coming to a box number, c/o Lancaster Farming: $1.50 per ad per week additional.

This newspaper will not be responsible for more than one incorrect insertion of any advertisement.

CLASSIFIED ADVERTISING RATES
29¢ per word per week - 1 or 2 times
23¢ per word per week - 3 or more times
11 word minimum

Words	1 Time	2 Times	3 Times
up to 11	3.19	6.38	7.59
12	3.48	6.96	8.28
13	3.77	7.54	8.97
14	4.06	8.12	9.66
15	4.35	8.70	10.35
16	4.64	9.28	11.04
17	4.93	9.86	11.73
18	5.22	10.44	12.42
19	5.51	11.02	13.11
20	5.80	11.60	13.80

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40

(Phone Numbers Count As One Word)