

Snack Is Not A Four-Letter Word

Contrary to popular belief, snacks can be part of a healthy lifestyle. They can be low in calories, low in fat and 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 because they're bored.

Some people need to snack to get the nutrients that they need. Preschool children have small stomachs, and 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 once they go to school and start to choose their own snacks. Teenagers may prefer to eat snacks instead of meals due to busy schedules and social activities. Adults frequently snack in addition to three meals per day.

Some snacking tips:
 • If you eat three meals per day, and you want snacks, make your meals smaller than you need, and select snacks with high nutritional value.

• If you prefer snacks with

meals, eat the same amount of food as you would if you had 3 meals per day, but spread it out over the whole day.

• Plan your daily snacks. Take a muffin, 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, want a snack, but have none with you, you can buy orange juice, plain popcorn, frozen lowfat yogurt, a soft pretzel, or a sugar-free drink.

• Keep lowfat, low calorie snacks around the house, instead of the high fat, high calorie kinds. Look for "lowfat" on labels when you shop. Check below for some recipes.

• If you do eat high fat, high calorie snacks, serve yourself a small portion, and leave the rest out of reach. That way you can control overeating.

Recommend book: "The Joy of Snack", Nancy Cooper, R.D., International Diabetes Center, Inc., Minnesota, MN 1987. \$12.95.

Orange Fun-Slices

Blend together:
 6 ounces orange juice concentrate
 6 ounces water
 1 cup lowfat plain yogurt
 1 teaspoon vanilla

Pour into an ice cube tray; put 1/2 of a drinking straw in each cube. freeze overnight.

Each cube contains: - if you have 14 cubes per tray: 35 calories, 0.2 grams of fat; - if you have 16 cubes per tray: 30 calories, 0.2 grams of fat.

Lite Oatmeal Cookies

Mix together in a small bowl:
 1 cup whole wheat flour
 1 teaspoon baking soda
 1 1/2 teaspoon cinnamon

Mix together in a large bowl until smooth, then add flour mixture.

1/2 cup white sugar
 1/2 cup brown sugar
 6 tablespoons margarine
 2 eggs
 2 tablespoons water


Add last:
 3 cups uncooked oats
 Place level tablespoonfuls on an ungreased cookie sheet. Bake at 375 degrees for 8-10 minutes. Makes 4 dozen cookies.

Each cookie contains: 65 calories, 2 grams fat.

From the American Heart Association, Nutritious Nibbles, 1985.

There's More to Nutrition Snacking Than Carrots and Celery, Try These:

	Calories	Grams of Fat
Bran muffin (1 medium)	100	5.1
Graham crackers (2,2x2" square)	60	1.5
Vanilla wafers (3)	51	1.8
Ginger snaps (3)	50	1.1
Popcorn (hot-air, plain, 1 cup)	25	.3
Watermelon (1 cup)	50	.7
Granola bar (1 regular)	109	4.2
Pretzel rods (5)	100	1.0
Peach (1 medium)	37	.1
Banana (1 medium)	105	.6
Tuna (waterpacked, 2 oz.)	70	6
Mozzarella cheese (1 oz., part skim)	72	4.5
Turkey breast (2 slices)	46	.6
Lowfat chocolate milk (1 cup)	158	2.5
Ice milk (chocolate, 3.5 oz.)	180	6.0
Frozen yogurt (chocolate, 3.5 oz.)	100	2.0
Club soda	0	0
M&M's (1.59 oz. bag)	240	12.0
Snickers (2 oz. bar)	270	13.0
Jelly donut	226	9.5
Toaster pastry (frosted)	200	6.0
Potato chips (1 oz., 15 chips)	144	7.0
Tortilla chips (1 oz.)	140	8.0
Cheese puffs (1 oz.)	160	10.0
Hot dog on a bun	260	15.2
French Fries (regular)	220	11.5
Shake (chocolate)	383	9.0
Apple pie	282	11.9
Ice cream (chocolate, 1 cup)	295	16.0
Coke (12 oz.)	144	0



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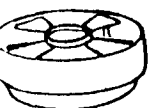
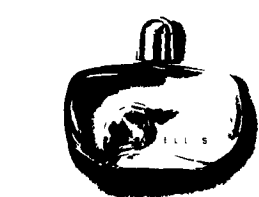
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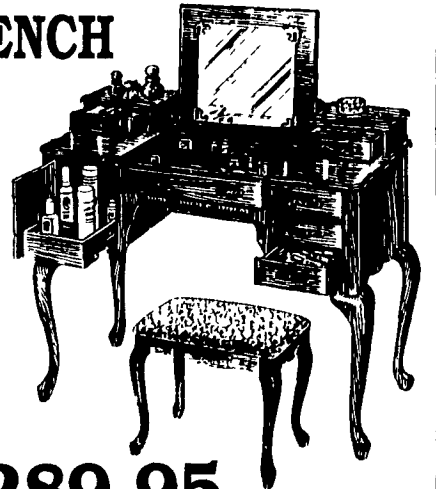


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