

### **HAVING A SNACK ATTACK? MAYBE YOU SHOULD...**

We live in a fast-paced society, constantly running here and there, to and from school, practice and games. Missed meals or eating on the run are common. Learning how to snack in healthy ways could help you keep up with your demanding schedule.

A crucial part of maintaining a healthy lifestyle is planning. Buying appropriate snack foods at the grocery store will keep you healthier and most likely save money, what a deal! Having a healthy snack an arm's reach away can help satisfy between-meal hunger and provide important nutrients.

For instance, how many people truly eat five to nine different fruits and vegetables per day? Not many. A quick and easy way to meet this recommendation is to include fruits and vegetables as snacks. By planning nutritious snacks you can create a balanced diet. Snacking also keeps your engine running and that's important in today's race for success.

#### **Here are some guidelines to help create a plan that is right for you:**

- Get involved with meal/snack planning, cooking, and baking. It's more interesting when you participate.
- Stock the refrigerator or an "on-the-go" cooler with fresh fruits and vegetables, 100% juices, and lowfat dairy products.
- Store crunchy crackers, pretzels, or lowfat tortilla chips in the glovebox of the car and on a convenient shelf in the kitchen.

#### **To create a healthier lifestyle, try the following suggestions:**

- Pack an apple or an orange in your gym bag.
- Reach for fruit juice and a few fig cookies.
- Create a trail mix with your own twist. Use your favorite cereal, nuts, dried fruit and a dash of chocolate if you like.
- Sprinkle wheat germ or crisp cereal over nonfat or lowfat yogurt. Add some dried fruit for some extra pizzazz.
- Try a bagel with flavored cream cheese or a hummus spread.
- Add peanut butter to apple wedges or celery.
- Eat a mozzarella cheese stick with a muffin, banana bread or corn bread.
- Bring individual canned fruit packed in its own juices.
- Spread lowfat cream cheese on lean ham or lowfat bologna, roll up and enjoy.
- Eat a whole wheat tortilla with black beans, salsa and lowfat cheese. Hint, heat and mash the beans, then add the salsa and melt the cheese on top.

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