HEALTHY SNACKING

Some snack foods are known to be high in calories and low in nutrition, but snacking can be an important part of your daily nutrition. Snacks can offer variety, help you meet your daily energy needs, and control your appetite to avoid overeating at meal times.

Snacks can fill a food "gap"

- Children often aren't able to eat all the food needed at meals. Healthy snacks can make up for the extra energy they require for growth and development.
- Teens and adults often eat fast food meals. Fruits, veggies, and dairy products at snack time can help them eat a more balanced diet.
- Adults who are weight conscious can use low-calorie snacks to help control their hunger. This can decrease the amount of food eaten at meals.
- Older adults who need to eat more or who become full quickly can eat snacks between meals to help meet their nutrition needs.

100 Calorie Snack Options in the Café and Mendota Market

- 8 ounces Skim milk + apple or orange
- 1 cup fresh veggies + 2 T tomato basil dressing
- ½ ounce nuts (1/2 small sleeve)
- 1 Nature Valley Oats & Honey bar
- ½ PowerBar Whole Grain Harvest
- ½ Kashi GoLean Chocolate Peanut bar
- 2 Graham crackers + 1 teaspoon Peanut Butter
- 2 cups popcorn
- Dannon Light ‘N Fit Yogurt (60 calories)
- Yoplait Light Yogurt (100 calories)
- ½ Soy Chocolate Milk
- 1 box Special K or Cheerios cereal