

Eating Healthy Snacks

Is it healthy to snack?

If your meals are not oversized and your snacks are usually healthy, you can enjoy snacking without feeling guilty. In fact, some people need to snack in order to get enough calories.

- Infants and toddlers need to snack because they have such high energy demands and small stomachs.
- Teenagers who are growing fast also need to snack because they need more calories and nutrients for their growth spurts.
- Athletes need to snack to meet their increased energy demands. Carbohydrates (stored as a substance called glycogen in the liver and muscles) are used up during exercise and must be replenished.
- People with very strenuous professions may perform better if they eat more often throughout the day to maintain a high energy level.
- People who may not have time to sit down for a meal should snack so they don't have an energy letdown in the late afternoon.
- People who don't eat breakfast should carry a snack with them so they will have the energy to focus on their work or other activities.

If you do not fit into one of these categories, it is still OK to snack on healthy foods and an occasional treat. Just be careful to limit high-calorie, high-fat foods such as candy bars, chips, and ice cream so you can avoid unwanted weight gain and increased health risks.

Can I eat high-fat, high-calorie foods sometimes?

Indulging once in a while is normal and healthy. If you swear off all sweets and high-fat foods, you may start craving them and start overeating. Instead, sit down and enjoy the taste and pleasure of eating a high-fat, high-calorie snack now and then. If you feel guilty or you want to enjoy this kind of snack more often, prepare for the extra calories and fat by skipping an extra serving of food at dinner or by exercising a little longer. Not wanting to give up a favorite snack is one of the reasons to exercise. You **can** have your cake and eat it, too, as long as you also stay active.

Developed by RelayHealth.

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Healthy Snacks Low in Saturated Fat

100 to 120 calories in each snack

- 1 medium apple or any round fresh fruit
- 18 small pretzel twists
- 10 multigrain honey graham mini rice cakes
- 18 white cheddar soy crisps
- 2 whole-grain white cheddar or butter popcorn rice cakes (natural flavor, light salt)
- 1/2 small (2 ounces) whole-wheat bagel with fat-free cream cheese
- 3 cups of air-popped or low-fat microwave popcorn
- Baby carrots, broccoli, or cauliflower with low-fat or nonfat dressings for dipping
(2 cups raw vegetables and 1/2 cup nonfat creamy dressing)
- Celery with nonfat cream cheese and 2 tablespoons of raisins or dried cranberries
- 1 cup (8 ounces) of 1% or nonfat milk
- 1/2 cup low-fat cottage cheese with 1/2 cup pineapple chunks
- 6 to 8 ounces light yogurt (sweetened with NutraSweet or Splenda)
- 4 to 5 vanilla wafers
- 5 to 6 saltine crackers (also available with low sodium)
- 1 and 1/2 graham crackers
- 1/2 cup of low-fat ice cream
- 2 tablespoons of raisins
- 1/2 cup of unsweetened applesauce
- 1 fruit roll-up
- 1 fruit juice bar



160 to 220 calories in each snack

- 1 large banana or 2 medium servings of fresh fruit
- 1 cup of multigrain Cheerios with 1/2 cup nonfat milk
- 1 small whole-wheat bagel (4 ounces) with fat-free cream cheese
- 1 mozzarella cheese stick (part skim) with 1 cup of fruit chunks and
6 to 8 low-fat, whole-wheat crackers
- 1/2 sandwich with turkey, low-fat Swiss cheese, and mustard
- 6 homemade breaded and baked chicken breast nuggets
- 1 low-fat granola bar
- 4-ounce fruit cup and 1 cup of nonfat milk
- 1 cup of sugar-free pudding
- 1/4 cup dried fruit
- 2 caramel corn rice cakes
- 1 cereal bar
- 1 ounce baked tortilla chips with 1/4 cup salsa
- 15 baked potato chips
- 14 animal crackers and 1/2 cup nonfat milk
- 2 fig cookies and 1/2 cup nonfat milk
- 1 cup (8 ounces) low-fat or nonfat chocolate milk (regular sugar sweetened)



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