



Academy of Nutrition and Dietetics  
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## Healthy Snacking. In a Nutshell.

### Snacking Activity

#### Portable Snacks

Using what you learned today, list five healthy snacks that you can keep with you in the car, take to work, or keep in your gym bag. Each snack should include one or two food groups and have less than 200 calories.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

#### Cooler Snacks

List three snacks you could put in the cooler and take on a trip, field game, etc. Follow the same snacking rules: one or two food groups with less than 200 calories total.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



### ***Balancing Calories***

- Enjoy your food, but eat less.
- Avoid oversized portions.

### ***Foods to Increase***

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### ***Foods to Reduce***

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

## There's more to nuts than you think!

- Omega-3 fatty acids
- Fiber
- Vitamin E
- Plant sterols
- L-arginine
- Antioxidants

### Healthy snack rules for adults:

- 1-2 snacks a day
- Under 200 calories for average adult



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