

Many snack foods are easy to make. Some require no cooking. Others can be quickly heated in a microwave oven. Even if you are just learning your way around the kitchen, you can make simple snacks with ease.

## Problems with Some Snack Foods

Popular snack foods such as chips and candy contain large amounts of sugar, fat, and salt (sodium). There is a reason why these foods are so well liked. Research shows that people tend to prefer foods with sugar over those without sugar. Fat gives foods appealing creamy and crunchy textures. Salt provides an instant burst of flavor on the tongue. Each of these components stimulates the desire to eat. When all three of these components are in a food, the food becomes more difficult to resist.

A big problem with these types of snack foods is that they provide nothing but *empty calories*, or calories with few nutrients. If you are tempted to eat large quantities of these foods, you risk gaining unhealthy weight (Figure 5.2).

One of the best strategies for limiting snacks that are high in sugar, fat, and salt is to simply not keep them around. You cannot snack on foods that are not in your cupboard. If you want to occasionally enjoy these types of foods, make them a treat that you must go out to get.

| Smart Snack Standards |                           |           |                 |              |
|-----------------------|---------------------------|-----------|-----------------|--------------|
| Nutrient              | Smart Snack Standard      | Candy Bar | Caramel Popcorn | Potato Chips |
| Calories              | 200 calories or less      | 250       | 120             | 160          |
| Sodium                | 200 mg or less            | 140 mg    | 70 mg           | 150 mg       |
| Total Fat             | 35% of calories or less   | 36%       | 15%             | 56%          |
| Saturated Fat         | Less than 10% of calories | 18%       | 0%              | 9%           |
| Sugar                 | 35% by weight or less     | 39%       | 50%             | 2%           |

Smart Snack Standards provided by the USDA

**Figure 5.2** Many popular snack foods tend to be high in sugar, fat, and sodium—nutrients for which most Americans exceed recommended limits. For which nutrients do the snack foods listed here fail to meet the Smart Snack Standard?

## Choosing Healthy Snacks

Some people choose sugary snacks, like candy bars, for a quick burst of energy. These foods provide only a short-term boost. With a bit of planning, you can have snacks on hand that are nutritious and simple to prepare. Snacks that are higher in fiber, such as fresh fruits and whole grains, sustain you and help you feel full longer. Snacks that include some protein, such as nuts and cheese, can help improve mental focus, too.

When stocking up on healthier snack options, you need to be *discerning* (show good judgment). Foods such as yogurt, whole-grain crackers, and cheese slices are handy to grab when you are in a hurry. However, you should eat these snack foods in moderation. Yogurt can be high in sugar. Crackers and cheese often contain fair amounts of fat and sodium. You need to read nutrition labels to be sure the products you buy meet your goals for healthy snacking.

Look for healthy alternatives to less nutritious snack choices. Instead of buying a bag of potato chips, make homemade chips by toasting whole-grain bagels, pita bread, or tortillas. Instead of ice cream, try frozen bananas pureed in a food processor for a similar creamy texture.

Dips and spreads can be turned into snacks in no time. You can prepare them ahead and store them in the refrigerator. Keep a supply of cut fresh fruits and vegetables, and whole-grain crackers on hand to use for dipping (Figure 5.3). Flavorful dips can also double as sandwich spreads or even be used as the sauce for unique pizza recipes.

You can make healthier versions of dips and spreads sold in stores. For a creamy base, start with plain nonfat yogurt. This can replace higher-fat ingredients such as sour cream, mayonnaise, and cream cheese listed in many traditional recipes. Make homemade salsa from fresh tomatoes and onions to avoid the sodium in ready-made salsa. Use canned chickpeas, a little olive oil, and some seasonings to whip up a batch of fiber-rich hummus. Blend fresh herbs, garlic, and a small amount of olive oil to make a light pesto.

## Keeping Snacks “Snack-Sized”

One important point about snacking is portion size. Remember that snacks are small amounts of food. Some researchers believe

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**Linda Lane Lilley, Shelly Rainforth  
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