

Choose Healthful Snacks

Snacks can be a healthful part of the diet at any age. They can help satisfy hunger, and provide fuel and nutrients. The most healthful snacks are high in nutrients, and low in fats and added sugars.

TIPS FOR CHOOSING HEALTHFUL SNACKS

Use food labels to choose healthful snacks.

Check the Nutrition Facts panel for the serving size and number of servings in the package. Look for the amount of calories and nutrients in each serving. Limit snacks that are high in calories, saturated fat, trans fat, total fat, and sodium.

Check the ingredient list. Choose fewer snacks that list any added sugars as the first ingredient. Added sugars include

brown sugar, cane sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, and sucrose.

Look for products with the nutrient claims *fat free, low fat, reduced fat, no trans fat, light, low sodium, reduced sodium, lightly salted, or reduced calorie* on the front of the package.

Choose snacks that are low in fat and added sugars.

<i>Instead of</i>	<i>Try....</i>
Ice cream	Flavored low-fat yogurt
Milkshake	Fruit shake made with skim milk
High-fat crackers	Reduced-fat crackers
Candy bar	Fresh fruit
Fruits canned in syrup	Fruits canned in their own juice



Developed for the Massachusetts Department of Education Child and Adult Care Food Program by the University of Massachusetts Extension Nutrition Education Program to supplement the *It's More Than a Meal* nutrition resource manual for adult day health programs.



Enjoy fresh fruits and vegetables as a snack.

- They are high in nutrients, and low in fat.
- Try them with a low-fat dip or dressing.

Combine healthful foods in appealing ways.

- Mix low-fat yogurt with pieces of fresh, frozen, or canned fruit.
- Use low-fat milk with cereal. Top with fresh or frozen fruit.
- Make a shake: Mix skim milk, fruit, and vanilla extract in a blender.
- Melt low-fat cheese on a whole-wheat tortilla.
- Make a dip with non-fat cottage cheese. To each cup of cottage cheese, add 2 tablespoons skim milk. Add chopped dill or chives. Serve with whole grain crackers, or with sliced soft raw vegetables.

Use snacks as a way to add extra fluids.

- Drink 100% fruit juice, low-fat milk, decaffeinated or herbal teas, plain water, or water flavored with lemon.
- Try frozen fruit bars made with 100% fruit juice.
- Soups are also a good source of fluids.

If needed, choose snacks that are soft and easy to chew or swallow.

- Eat soft fruits and vegetables with the peels removed.
- Eat canned fruits packed in juice or water.
- Eat yogurt and cottage cheese.

