



## Weeks 11 & 12

## Healthy Snacks

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**During this 2 week segment:** Review participant goals. This is the last 2-week segment so if you have teams competing for prizes, this is the time to determine winners. Determine ways to continue the positive health behavior changes that have been started as a part of Power Panther Professionals and RealAge®. Don't forget to email participants at least two messages each week relating to fruits and vegetables

### **Introduction to the Healthy Snacks PowerPoint presentation:**

This is the last bi-weekly presentation for Power Panther Professionals; its focus is on choosing healthy snacks. Snacking is actually a good thing, and consuming healthy snacks throughout the day can help boost your metabolism as well as provide additional opportunities to consume the recommended number of servings of fruits, vegetables, whole grains and low-fat dairy.

Snacks should be consumed to hold off hunger between meals (reducing the chance that you'll overeat at your next meal), but it is important to remember that snacks should not be as big as a meal. If your snacks are too large, the excess calories will cancel out any benefits to your metabolism. Slides #5-9 specify portion sizes for each of the food groups.



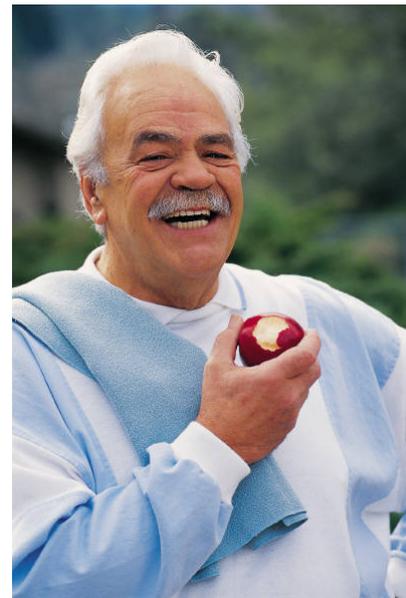
In order for a snack to be effective against hunger and healthy, it should contain both carbohydrates (found in the grain group and the fruit group) as well as protein (found in the meat and beans group and the milk group). You can also snack on vegetables which provide vitamins and minerals as well as fiber which can help you to feel fuller longer. Slides #11-13 provide suggestions for healthy, quick and easy snack ideas. The remaining slides provide tips on healthy snacking and keeping portion sizes in line with the recommended amounts.

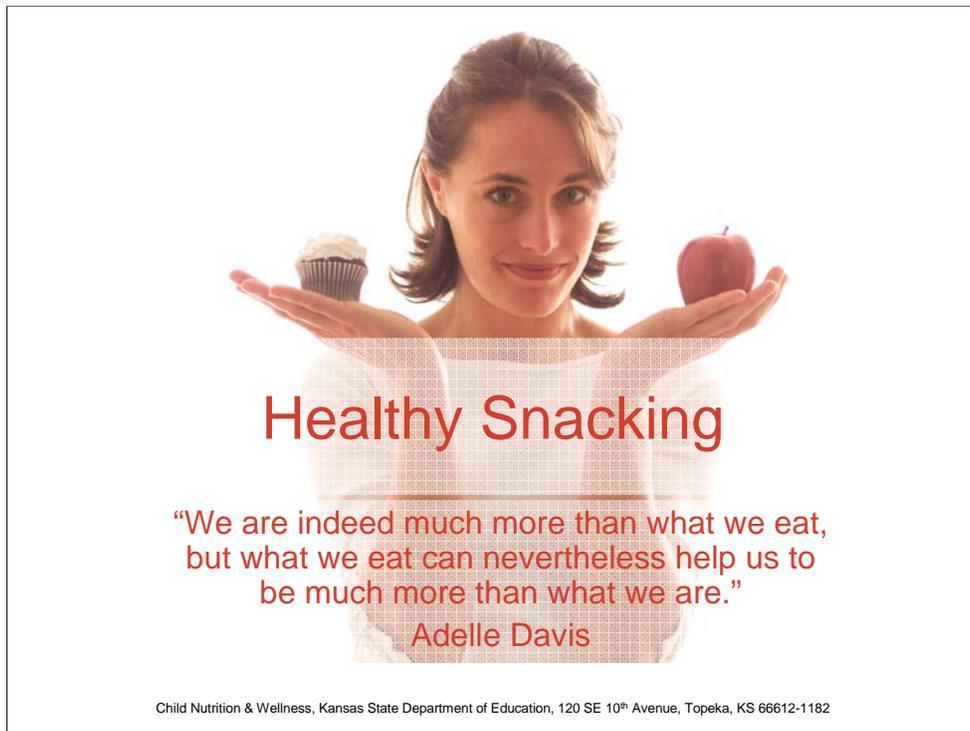
## Suggested Enhancement Activities:

- Gather packages (or empty containers) from some popular snack items. Display the packages along with the number of servings contained in that package (this information is found on the Nutrition Facts label). You'll be amazed at the number of servings that are stated on the label for some snacks that are often eaten as a single-serving!
- Get parents and community members involved: host a "Taming the Snack Monster" parent workshop in your school or center. For specific instructions and resources, see pages 22-23 of the enclosed *Popular Team Nutrition Events Idea Book*.

## Messages to send to participants for the Healthy Snacks segment:

- Never snack right from the package! You will eat less if you measure your snack into a dish.
- Read the serving size on the package. You may eat the entire package for a snack when the label intended the package to be two or three servings!
- Offer to share your snack with a friend. You'll both be satisfied and you'll both eat less!
- Move more! Sit less! You won't need to be as concerned about overdoing it on snacking. That's good advice no matter what you eat!
- Every day you make choices about what you eat. Options are all around you---at home, at school, at your favorite relaxation spots. Even when you're "starving", you have choices! Don't forget that portion sizes are an important part of those choices.
- Great, super-easy snack ideas include: baby carrots, yogurt topped with fruits or nuts, baked tortilla chips with sliced cucumbers or other fresh veggies, a banana or a handful of grapes (put some grapes in the freezer for an icy and sweet treat).
- Now that you're living a more wellness-centered lifestyle, don't forget about the hazards of secondhand smoke. In adults, it can cause asthma and breathing problems as well as death from heart disease and lung cancer. Don't grin and bear it! Move away from smokers in public places or politely ask smokers to stop. Better yet: support the "smoke-free" businesses in your town.





This presentation focuses on healthy snacking. Snacking is one of those behaviors that is surrounded by confusion: What kinds of foods should we snack on? What times should we snack? Should we even snack at all? These questions will be addressed in the next 15 minutes or so as we discuss healthy snacking and its place in a healthy lifestyle.



## Snacking is Okay!

- Human Body constantly burns calories.
  - Therefore it constantly needs fuel in the form of food.
- Say goodbye to only “three square meals a day.”

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Yes, it's true: snacking is okay! Many people feel guilty when they grab a snack, because they think that snacking will cause them to gain weight. But, in reality, snacking is okay and can, in fact, help an individual live a healthier lifestyle! Say goodbye to the mindset of “three square meals a day”. The human body is constantly burning calories and, therefore, constantly needs fueled. The core of healthy snacking is simply paying attention to *what* and *how much* is eaten at snack time.



## A Matter of Timing

- If you wait too long to eat, you tend to over-eat at the next meal.
- Body needs fuel every 3-4 waking hours.



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Fueling the body is a matter of timing. If you wait too long between meals, you tend to over-eat at the next meal. Ideally, you should fuel your body every 3 to 4 waking hours. By eating every 3-4 hours, you can avoid that intense hunger that occurs between meals and often causes people to overeat at their next meal.



## Late Night Snacking?

- Does NOT cause weight gain.
- What matters is **what** and **how much** you eat, not the *time* of day you choose to snack.



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There is a common misconception that late-night snacking is a 'no-no' that is quick to cause weight gain. Actually, it's not the time of day that matters, it's what and how much you eat throughout the entire day that matters. As long as your meals and snacks are healthy and spaced 3-4 hours apart, it does not matter what time of day you eat them. (Keep in mind that you should still be sleeping an optimum of 8-10 hours in a 24-hour day.)



## Don't Forget About Portion-Size!

- The key to healthy snacking.
- Are your snacks as big as your meals?
- Visit [www.mypyramid.gov](http://www.mypyramid.gov) for in-depth information about portion sizes.



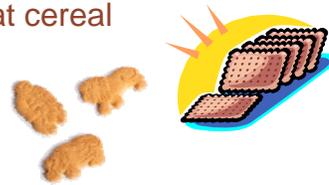
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Portion-size and portion control are the keys to healthy snacking. Calories in larger portions can quickly add up and lead to weight gain. Remember that a snack is something to keep you from getting too hungry in-between meals. Snacks should be smaller than meals and contain less calories and fat than full-sized meals. The USDA's MyPyramid website [www.mypyramid.gov](http://www.mypyramid.gov) contains in-depth information about the portion sizes for different foods. We've discussed portion sizes in previous sections, but let's do a quick review of general portion sizes for snacking.



## Portion Review: Grains

- What makes a portion (a 1-ounce equivalent)?
  - 1 slice of bread
  - 7 saltine crackers
  - 5 whole-wheat crackers
  - 3 cups of popcorn
  - 1 cup ready-to-eat cereal
  - ½ cup oatmeal
  - ½ cup rice



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Stop and look the next time you are snacking on crackers, popcorn, or other carbohydrate. How much are you eating? Is it more than the portion-size listed here?



## Portion Review: Fruits and Vegetables

- What makes a portion (a cup serving)?
  - 2 cups raw, leafy green vegetables
  - 1 cup cooked vegetables
  - 1 cup raw, chopped vegetables
  - 1 cup baby-cut carrots (about 12)
  - 1 cup of fruit or 100% fruit juice
  - ½ cup dried fruit
  - 32 seedless grapes



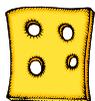
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The USDA's definition of a portion of fruits/vegetables varies depending on whether they are raw, cooked or fresh. Because fruits and vegetables come in so many different shapes and sizes, it can sometimes be difficult to estimate. If you purchase fruits and vegetables that are already washed and/or sliced, take a look at the Nutrition Facts label. There they'll can give you more specific serving information... like about 12 baby-cut carrots or 32 seedless grapes. Unfortunately, the serving sizes listed on the labels can sometimes differ from the USDA's recommendations, so be mindful of that when snacking. If there isn't a label, or you're unsure about a serving size, go to [www.mypyramid.gov](http://www.mypyramid.gov) for serving size information or look at the fruit or vegetable and try to eat a piece that is about the size of a tennis ball.



## Portion Review: Milk

- What makes a portion (a cup serving)?
  - 1 cup milk or yogurt
  - 1 cup frozen yogurt
  - 1 ½ ounces natural cheese
  - 2 ounces processed cheese



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A portion of milk is 1 cup. So milk, yogurt and even frozen yogurt should be consumed in 1 cup portions. Cheese is portioned in ounces. Natural cheeses are cheeses such as cheddar, mozzarella, Swiss and parmesan. Processed cheeses are cheeses like American or Velveeta®. To help you visualize portions of cheese, use the following guide: 1 ounce of cheese is about the size of 4 playing dice. So the 1 ½ ounce portion of natural cheese should be about the size of 6 dice.



## Portion Review: Meat and Beans

- What makes a portion (a 1-ounce equivalent)?

- 1 ounce of meat, poultry or fish

- ¼ cup of cooked, dry beans

- 1 egg

- 1 Tbsp of peanut butter

- ½ ounce of nuts or seeds



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Foods from the meat and beans group are portioned in ounce-equivalents. Sometimes it can be difficult to picture this, so some measurements of ounce-equivalent servings are listed here on this slide:

- 1 ounce of meat, poultry or fish

- ¼ cup of cooked, dry beans

- 1 egg

- 1 Tablespoon of peanut butter

- ½ ounce of nuts or seeds (this is the amount that would fit in the **palm** of your hand... not a handful).



## Making a Healthy Snack

- Carbohydrate – breads/grains, fruits.
- Protein – lean meats and beans, low-fat dairy.
- Don't forget to add vegetables!
- The size of snack you need will vary based on body size, gender and activity level.

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Having a snack with both carbohydrate and protein is not only healthy, but also helps you to feel full longer. Don't forget the vegetables, which can also add beneficial nutrients and fiber. In general, the size of your snacks should be limited to 1 portion of carbohydrate (like from grains or fruits), 1 portion of protein (like from the milk group or the meat and beans group), and possibly 1-2 portions of vegetables. However, this will vary based on your body size, gender and activity level. Go to the USDA's MyPyramid website ([www.mypyramid.gov](http://www.mypyramid.gov)) to get your MyPyramid plan and find the calorie level that is right for you. Once you find your calorie level, you can determine the amount of food you need in a day. This information will help you plan meals and snacks in portions right for you.



## Need Healthy Snack Ideas?

- Try some of these snacks to curb between-meal cravings:
  - Fruit, cheese and whole-grain crackers
  - Yogurt topped with granola and fruit
  - Whole grain cereal with fruit and low-fat milk
  - Peanut butter with banana slices and celery sticks

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Notice that all of these snacks have both a carbohydrate (fruit or grain) and a protein (meat or dairy), which will help you feel more full and satisfied. Try some of these snacks to curb your between-meal cravings:

- Fruit, cheese and whole-grain crackers
- Yogurt topped with granola and fruit
- Whole grain cereal with fruit and low-fat milk
- Peanut butter with banana slices and celery sticks



## Additional Snack Ideas

- Baked tortilla chips with salsa and bean dip
- Pita bread and carrot sticks with hummus dip
- Turkey and string cheese wrapped in a whole-wheat tortilla
- Yogurt and fruit smoothie with graham crackers

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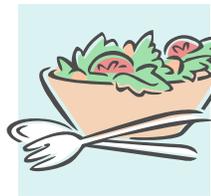
Some other ideas for quick, healthy snacks include:

- Baked tortilla chips with salsa and bean dip
- Pita bread and carrot sticks with hummus dip
- Turkey and string cheese wrapped in a whole-wheat tortilla
- Yogurt and fruit smoothie with graham crackers



## Even More Snack Ideas

- Bean dip and low-fat cheese rolled in a whole-wheat tortilla
- Cheese quesadilla with salsa and lettuce
- Small salad with sliced deli meat, tuna or beans and crackers



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Next time you reach for a snack, don't feel guilty. Snacking can help you enjoy eating and keep you energized throughout the day if it is done the healthy way! Here are a few more ideas for healthy snacks:

- Bean dip and low-fat cheese rolled in a whole-wheat tortilla
- Cheese quesadilla with salsa and lettuce
- Small salad with sliced deli meat, tuna or beans and crackers



## A Few More Tips For Healthy Snacking:

- Limit snacks that are high in sugar or fat.
  - Most snacks should be a healthy combination of carbohydrates and protein.
- Be prepared for cravings.
  - Keep a stash of healthy snacks nearby.

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•While it is perfectly okay (and healthy!) to treat yourself to a sweet or fatty snack from time to time, it doesn't take long for those extra calories and fat to add up. Having the occasional sweet or fatty snack helps keep cravings under control and reduces the chance of overindulging later. Just make sure that the majority of your snacks are healthy and made up of a combination of carbohydrates and protein.

•Be prepared for cravings. It is so easy to make a quick dash to a vending machine or a fast food restaurant on a busy day, and let's face it... there aren't very many healthy or satisfying options there. Keep a snack in your desk drawer, your car, your gym bag or purse so that you can eat healthy when you're busy or on-the-go. Some healthier (and portable) options include granola bars, cereal bars, individually-sized bags of pretzels, a bottle of water or 100% juice, small bags of nuts, dried fruit, trail mix, and peanut butter crackers. Another option is to keep nutrition/sports bars around for an emergency snack, but make sure you don't confuse them with meal replacement bars. Some meal replacement bars contain as many as 500 calories and are not intended to be eaten as a snack; look for nutrition/sports bars that contain around 100 calories to snack on.



## A Few More Tips For Healthy Snacking:

- Focus on your food.
  - Avoid distractions like the TV or computer while you eat.
- Listen to your body.
  - Let your body and your lifestyle dictate the best times for you to snack.

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•Focus on your food. Try to avoid eating while watching TV, working at a desk or computer, or while driving. All those distractions keep you from realizing how much food you are really consuming. And while you're at it, if you decide to snack while watching TV, portion out your snack in a small bowl rather than bring out the entire box or bag. That way even if you are distracted, you'll be less likely to overeat.

•We've already talked about how you should try and eat something every 3-4 waking hours, but keep in mind that this is a general rule and that sometimes your own lifestyle will dictate the best times to snack. For example, if you usually exercise after work, you might want to have a light snack before you go so that you have enough energy for your workout.



## Power Panther Professionals School-Wide:

- Encourage parents to bring healthy snacks to class parties and celebrations.
- Make a healthy snack with your students.
  - Visit [www.kidsacookin.com](http://www.kidsacookin.com) for ideas

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•Try taking what you've learned today about healthy snacking to your classroom. Encourage parents to send/bring healthy snacks to class parties and celebrations. There is a list of suggested class party foods in the November 2006 Team Nutrition e-newsletter posted on [www.powerpanther.org](http://www.powerpanther.org) under the "School-Wide Connections" tab.

•Try making a healthy snack with your students. There are a number of ideas listed here in this presentation, but for some additional, kid-friendly ideas, visit the Kids a Cookin' website at [www.kidsacookin.com](http://www.kidsacookin.com).