

# Health Hints

## Five Tips For Better-For-You Snacking

(NAPSA)—Odds are you will probably have the urge to snack today. According to the NPD Group's 21st Annual Report on *Eating Patterns in America*, snacking accounts for 20 percent of food consumed every day in the U.S.

Don't feel guilty about that urge for savory satisfaction in between meals. Registered Dietitian Elizabeth Fassberg says snacking can be part of a healthy diet if you make smart choices and don't exceed your calorie limit for the day. Snacking can also help keep you from overeating at mealtime—if you don't arrive at the table beyond the "hungry point," you're less likely to overeat and more apt to control your portion sizes.

"I find that when the urge to snack strikes it's best to be prepared with a plan that's aligned with a healthy lifestyle. Here are five tips that will help you snack intelligently."

**1. Think ahead.** Pack snacks for when you are out and about and need something small to get you to the next meal. Prepare a baggie of melt-in-your-mouth *Club® Puffed* crackers for a convenient and buttery-tasting snack anytime. Twenty-four *Club Puffed* crackers have 140 calories and are delicious alone without a topping or dip.

**2. Think produce.** Make your calories count. Fruit and vegetables help keep you satisfied while providing you with a variety of vitamins, minerals and fiber. Dip juicy fruit and crispy vegetables in peanut butter, hummus or a yogurt-based dip for some extra flavor and more nutrients.



**Don't panic when you have the urge to snack. With smart choices, snacking can be a part of a healthy diet.**

**3. Watch your beverages—**they can have lots of fat and hidden calories.

Coffee drinks and creamy fruit smoothies sound innocent enough, but the fat and calories may surprise you. If you must have that drink, try asking for it to be prepared with low-fat dairy and without flavored syrups, and always order the smallest size.

**4. Snack only when you are hungry.** Avoid absentminded snacking. Skip the urge to nibble when you are bored, frustrated or stressed. Make snacking a conscious activity; don't snack while you're doing something else, like watching television or working at your computer.

**5. Consider serving sizes.** Read labels carefully. A small package of snack food can contain more than one serving and more calories than you might imagine. Measure out a portion of the food you choose to eat and avoid eating straight out of the package.

For more smart snacking tips, visit [www.kelloggsnutrition.com](http://www.kelloggsnutrition.com).