

# The Art of Snacking Sensibly

(NAPSA)—Looking and feeling your best doesn't have to mean giving up the foods you enjoy. Experts say including favorite snacks in a balanced diet will help you create a plan you can stick with for a longer period of time.

"As a registered dietitian, I can tell you that if you continue to enjoy your favorite foods, BUT in moderation, you're less likely to be deprived and more likely to stick with your plan and achieve your goals," says registered dietitian Janet Helm.

Today's cookie and cracker aisle offers choices such as pre-portioned packages that can help you snack and still stay on track with sensible eating habits. And, of course, to achieve success, regular physical activity is a must!

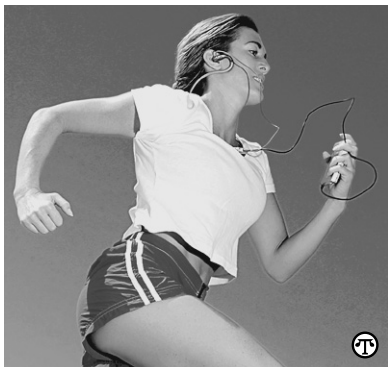
Here are a few tips to help you achieve your food and fitness goals.

1. Take a "power" lunch during the workweek. Leave the building and walk for 30 minutes around the area. You'll not only get some great exercise, you'll also get to clear your mind—now that's a "power" lunch!

2. Think of snacks as a way to provide nourishment and help sustain energy throughout the day. Remember though, all calories count, so make sure to count the calories from all snacks as part of your daily food intake.

3. Hydrate, hydrate, hydrate. Drink plenty of water every day, even in cold weather. Remember that recommended water intake is about eight 8-ounce glasses of water per day.

4. Practice portion control.



## **Food and Fitness: balancing the equation for a healthful lifestyle.**

Think of and eat your "fun snacks" like cookies and crackers in 100-150 calorie portions. To make it easier, look for pre-portioned snacks like *100 Calorie Packs* from Nabisco which contain 100 calories and three grams or less of fat per package (depending on variety). They come in popular varieties like *Oreo Thin Crisps* and the newest additions, *Ritz Snack Mix* and *Honey Maid Cinnamon Thin Crisps*.

5. Knowledge is power! Read the nutrition facts panel on your foods so you can make sensible, balanced choices throughout the day.

6. Remember, frozen fruits and vegetables are just as nutritious as fresh—so stock up the freezer and incorporate them into a variety of different recipes.

7. Dining out? Choose menu items listed as baked, broiled, grilled, poached or roasted.

You can find other great healthy living tips on pouches of 100 Calorie Packs and by visiting [www.100caloriepacks.com](http://www.100caloriepacks.com).