

# newsworthy trends

## The Snack Is Back

(NAPSA)—A recent survey revealed women are replacing meals with snacks. Fifty-nine percent of women surveyed said they eat one or two meals a day, and 47 percent reported they eat two snacks a day.

Fortunately, health and convenience are top priorities when women make snack choices. More than half of all respondents named fresh fruit as their preferred snack. However, many women were unaware of the health advantages of dried fruit—only 12 percent said they snack on dried fruit, such as dried plums. A surprising statistic considering that drying fruit actually concentrates the nutrients found in fresh fruit, making dried fruit a healthy, convenient snack.

The California Dried Plum Board (CDPB) recently conducted a survey on snacking. The study found that “women need more education about convenient and healthy snacks. Seventy-six percent of our respondents said convenient foods are rarely healthy,” says Peggy Castaldi of the CDPB. “Not only are dried fruits nutritious—they also have a longer shelf life and their portability makes them a smart snacking solution.”

The CDPB survey divided respondents into one of five groups. Groups were based on participation in physical activity, effort put into healthy eating, number of snacks consumed in a typical day, reason for snacking



**Snack Attack—A survey found some women are replacing meals with healthy snacks, such as dried plums.**

(hunger, convenience, etc.) and kinds of snack eaten. The groups were then divided into the following categories:

- **Disciplines**—Middle-aged, active women who eat only one snack per day, usually for energy.
- **Back Burners**—Middle-aged women who pay less attention to health, but still only snack once daily.
- **Health Nuts**—Women of all ages devoted to healthy eating and living. They snack for energy and are likely to be knowledgeable about nutrition.
- **Couch Potatoes**—Women, mostly aged 45 to 59, who choose comfort foods after 8 p.m.
- **Sweet Rewards**—Women who regularly work out and believe their high level of activity warrants less healthy snacking habits.

For more information visit [www.CaliforniaDriedPlums.org](http://www.CaliforniaDriedPlums.org).