



Eat Healthy Snacks

CHALLENGE

Satisfy your hunger with healthy snacks

Requirements to complete this HEALTH CHALLENGE™

1. Read "Eat Healthy Snacks."
2. Satisfy your cravings between meals by eating healthy snacks on at least 22 days this month.
3. Keep a written record of your completed health challenge in case your organization requires documentation.



Ever had a snack attack? You take a mid-afternoon trip to the vending machine for a candy bar, chips, and soda, or maybe all three. You plop down in front of the TV after a long day with a carton of ice cream. You show up hungry to a party and nosh your way through the snack bar. Or you take a road trip fueled by quickie-mart fare and fast food. And later you realize you've munched

your way through a ton of empty calories. Sound familiar?

For some people, snacking might mean devouring an apple, baked kale chips, or a leafy-green salad, washed down with a glass of water. If you're already a healthy snacker, keep it up. But if you think your snack food choices may be to blame for packing on a few pounds or linked to other health problems, you can make a change.¹

And that doesn't mean you have to settle for eating near-tasteless rice cakes between meals for the rest of your life. Who does that and enjoys it, really? Fortunately, there are lots of healthy snacks to choose from that taste good and help satisfy cravings without dropping a calorie bomb on your diet. Take the month-long challenge to Eat Healthy Snacks.

How much do you know about your snack habits? Take this mini survey to find out:

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1. I have a stash of candy bars, cookies, soda, and sweet treats at home/work.
2. When I take a road trip, I eat whatever is available at gas stations and restaurants.
3. I don't usually pay attention to food labels or serving sizes when I have a snack.
4. I know someone who eats healthy snacks, but I think it takes too much time to eat that way.
5. I have a pretty good idea when I'm most likely to feel like having a snack.



If you answered yes to any of these questions, you could benefit from learning more about eating healthy snacks. Snacking can be a good way to control calories, manage your weight, and improve your health. But only if you eat the right snacks. Many store-bought snacks might be convenient, but aren't that good for you. Fortunately, there are many tasty and healthy snacks to enjoy.

Are You Really Hungry?

Think about this question the next time you get the urge to have a snack. You might snack out of habit or because you are bored. Or maybe you need a snack to keep blood sugars more level. Not sure? Keep a record of the snacks you eat and when you eat them, and see if you can identify a pattern:

- Do you snack late at night, while stuck in traffic jams, or in the afternoon?
- Do you find yourself reaching for a snack when you're tired, stressed, or feeling lonely?
- When you do decide to have a snack, is it healthy?

What makes a healthy snack?
<http://tinyurl.com/jtq8deu>



Taking a closer look at your snacking habits can help you make changes² to Eat Healthy Snacks. You'll be able to plan ahead instead of going to the vending machine, drive-thru, or your kitchen stocked with less-than-healthy snacks.

If you find that you're really hungry between meals, plan to eat one or two healthy snacks to satisfy your hunger. Aim for snacks that are 100 calories or less. Snacks that contain a bit of protein, fiber, and fat, along with some natural foods like beans, raw veggies, and fresh fruits will help you feel fuller longer.

Beware of Bedtime Snacking

Ever wonder where those extra pounds are coming from? Late-night snacking may be to blame.

In a recent study,³ researchers fed two groups of mice an identical high-calorie diet. One group was fed during the day. Another group was fed the same diet at night. Both groups performed the same amount of exercise during the six-week study. The group that was fed during the day gained 20 percent of their body weight. But the group that was fed just before going to sleep gained 48 percent of their bodyweight.

The study suggests that late-night snacking may lead to greater weight gain than eating during the day. If you're trying to manage your weight, eat healthy foods throughout the day while you are active. Have dinner earlier. And if you're really craving a late-night snack, eat a cup of berries, a glass of milk with three graham crackers, or a cup of plain Greek yogurt and call it a night.

Snack Attack Done Right

If you reach a point during the day that calls for a snack, make it a healthy one. Plan ahead, stock up on healthy snacks, and avoid heading to the vending machine, drive-thru, or quickie-mart to satisfy a craving. If you do end up munching your way through a less-than-healthy snack, don't consider it a free pass to keep eating junk food. Just get back on track.

References

1. Centers for Disease Control and Prevention. (2015). Improving your eating habits. Retrieved September 27, 2016, from <http://tinyurl.com/852gk52>.
2. Harvard Health Publications. (2016). Revamp your snacking habits. Retrieved September 27, 2016, from <http://tinyurl.com/hvjoo6z>.
3. Arble, D.M., et al. (2009). Circadian timing of food intake contributes to weight gain. *Obesity*, 17(11), 2100-2. doi: 10.1038/oby.2009.264.

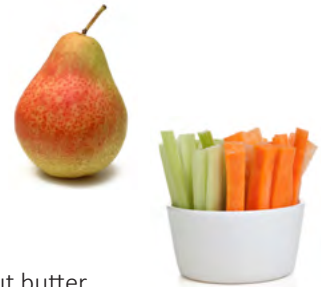
10 tips
for healthy
snacking
<http://tinyurl.com/jcmc6me>

Healthy snack
recipes
<http://tinyurl.com/zffb5et>

Need a little something between meals? Try these healthy snacks:

For your sweet tooth

- Small banana
- Cup of strawberries
- Half a grapefruit
- Dried fruit



Crisp and crunchy

- Celery sticks with peanut butter
- Sliced cucumber, bell pepper, or carrots
- Whole-grain crackers with hummus
- Air-popped popcorn seasoned with olive oil

Low-calorie liquids

- 1 glass of low-sodium tomato juice
- Smoothie made with frozen berries, spinach, yogurt, non-fat milk or soymilk, and ice
- Vegetarian or chicken noodle soup
- Bottled water

Grab and go

- Trail mix
- Pretzels
- Dry cereal (no sugar added)
- Rice cakes (with a healthy topping like peanut butter, hummus, or sugar-free jam)



Packed with protein

- 1 hard-boiled egg
- String cheese
- Non-fat Greek yogurt
- Cup of skim or soymilk
- Tuna packet
- Jerky



Chilling and filling

- Fruit-juice popsicle
- No-sugar-added fudgsicle
- 1 small scoop of frozen yogurt
- 1 cup of fat-free pudding

Got a craving for a snack? Toss out the junk food and stock up on healthy options. You'll satisfy your cravings without eating a ton of empty calories. You'll feel better and be healthier, too.

CLIP THIS LIST. PUT IT ON YOUR FRIDGE & IN YOUR POCKET OR PURSE



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Satisfy your
hunger with
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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you eat healthy snacks.
3. Use the calendar to record your actions and choice to make eating healthy snacks a regular part of your life.
4. At the end of the month, total the number of days you ate healthy snacks or didn't snack. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
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_____ Number of days this month I ate healthy snacks or didn't snack

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

