



# How to Snack Smart

Presented by:

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# Overview

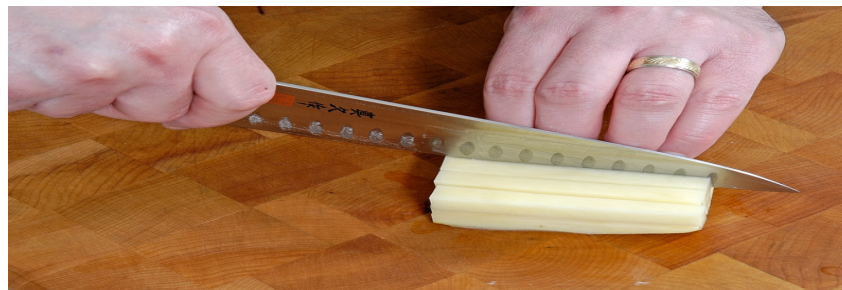
Mindless Snacking



Healthy snack options on campus



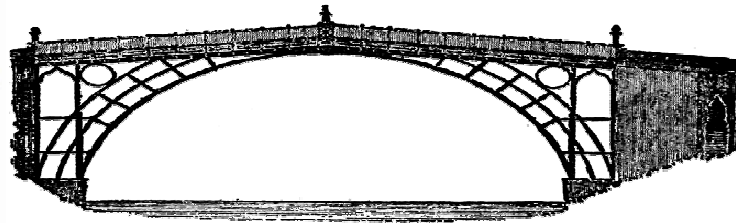
Preparing healthy snacks at home



# What do YOU normally snack on?



# What is snacking?



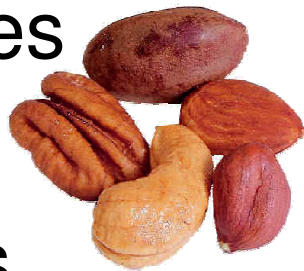
- A bridge between meals
- Tides you over, so you don't overeat during meals
- Should consist of 100-200 calories
- If you eat 1800 calories a day, your meals should be about 500 calories and two snacks a day should be 150 calories each
- A healthy snack should consist of some fiber, protein, complex carbohydrates, and minimal sugar

# What's the difference between a snack and a treat?

## SNACKS

Examples:

- Fruits
- Veggies
- Nuts
- Grains



## treats

Examples:

- Cookies
- Cupcakes
- Candy
- Ice cream

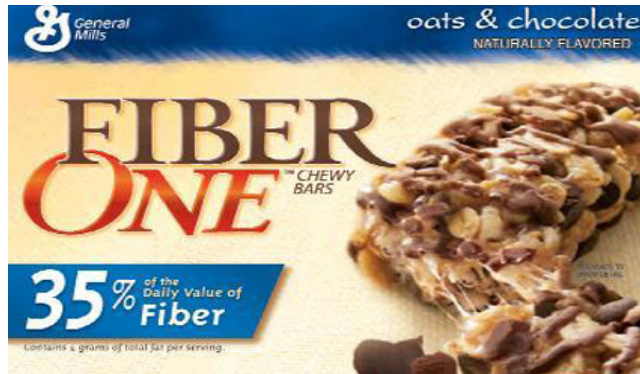


# How snacks can add up



=

250  
calories



=

140 calories

A difference of 11 lbs/year!

# Mindless snacking

What are you usually doing when you



# Let's do an activity!!

Watch this clip...

[http://www.youtube.com/watch?v=5v4\\_kf4hJ7I](http://www.youtube.com/watch?v=5v4_kf4hJ7I)

...And eat your popcorn!

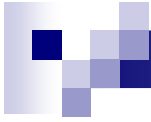


**\*\*SAVE 1-2 PIECES!!!\*\***

# Savor the flavor!

- Notice....
  - Texture
  - Taste
  - Smell
  - Consistency
  - Sweetness
  - Saltiness
  - Crunchiness
  - What else?





# On a scale of 1-10...

(10 being the most and 1 being the least)

	Movie Clip	Savoring
1.) How much did you actually taste the popcorn?	_____	_____
2.) How much did you enjoy the popcorn?	_____	_____
3.) How satisfied were you with eating the popcorn?	_____	_____

# Roadblocks to healthy snacking

**Mindless snacking**



**Media influence**



**Peer influence**



# Snack Smart

- Don't eat when you're distracted
- Eat when you're actually hungry
- Really taste and enjoy your food
- Drink water!
- When watching TV or doing homework, sit on a yoga ball to take your mind off wanting to snack
- Pre-portion your snacks
- Use small bowls instead of big bowls for snacks



# Snacks on Campus



# Which bar would you buy?

Which one is healthier?



## PowerBar vs. Nutri-grain

	PowerBar	Nutri-
grain		
Calories	240	140
Total Fat	3.5g	3g
Sodium	200mg	105mg
Total CHO	45g	26g
Sugar	24g	13g
Protein	8g	1g

# Which one would you buy?

Which one is healthier?



## Baked Lay's vs. Regular

	Baked Lay's	Regular
Lay's		
Calories	126	150
Total Fat	3g	10g
Sodium	210mg	
200mg		
Total CHO	22g	15g
Sugar	2g	2g
Protein	2g	2g
Dietary Fiber	2g	1g

# Which one would you buy?

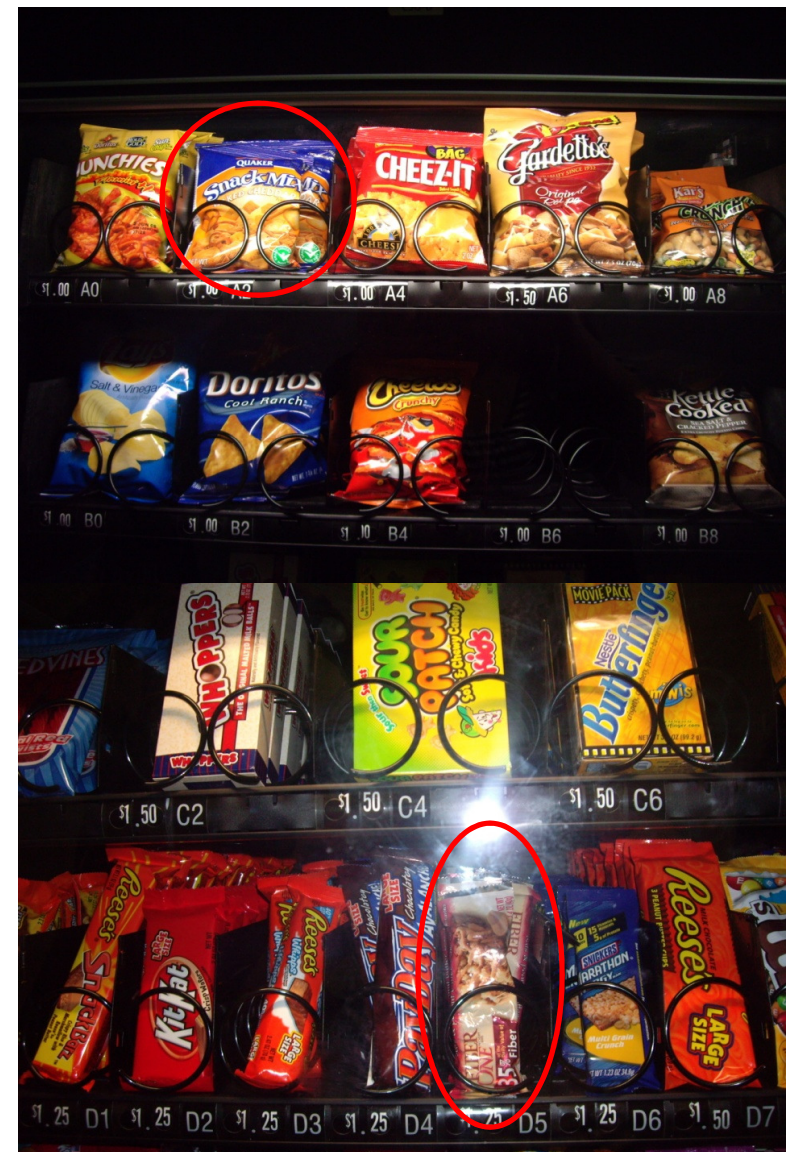
Which one is healthier?



## Oreo vs. Fig Newton

	Oreo	Fig Newton
Calories	160	110
Total Fat	7g	2.5g
Sodium	190mg	115mg
Total CHO	25g	22g
Sugar	14g	14g
Protein	2g	1g

# Vending Machine in Butte Hall



Which ones are healthy?

# What to look for



# Butte Station



# Butte Station



Apple sauce \$.85



Planters nuts \$.99



Baked  
chips  
\$.99

# Butte Station



Dole fruit cup  
\$1.25

String and cheddar cheese  
\$.85

Hard boiled eggs and baby  
carrots \$ .50



# BMU Marketplace



# BMU Marketplace



Yogurt parfait  
\$1.99



Hummus and pita bread  
\$2.99

# BMU Marketplace



Vegan energy bars  
\$2.50



Light and fit yogurt  
\$1.59



Wheat  
thins \$.85

# Holt Station



Small  
salad  
\$2.50



# Holt Station

All fresh fruit  
\$.50



Fruit bars  
\$.50



Oatmeal  
\$1.35

# Less healthy snack options on campus



# Red, Yellow, Green Light Foods



Red Light : STOP

Candy  
French Fries  
Doughnuts  
Chips  
Ice Cream



Yellow Light : CAUTION

Baked Chips  
Dairy  
Nuts  
Jerky



Green Light : GO!

Vegetables  
Fruits  
Whole Grains  
Beans/Legumes

# Red, Yellow, Green Light Game

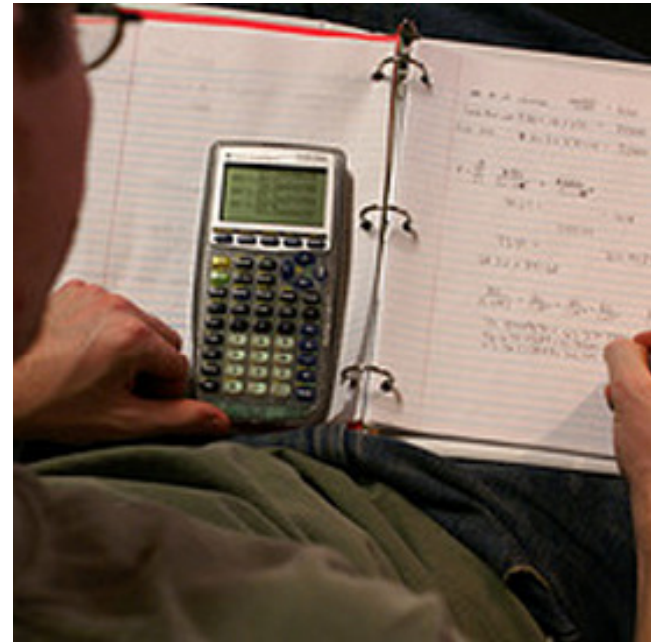


Which category  
do these foods  
go in?

# Preparing Snacks at Home

Why?

- Schedule
- Convenient
- Cheaper
- More options
- Less calories
- Promote healthy eating habits



# Tools

- Plastic baggies
  - small or large
- Tupperware (DW safe)
  - different sizes/shapes
- Knives
- Cutting board
- Refrigerator



# Prep Work

- Prepare snacks for the whole week
- Bundle together a few, or pick that day
- Pre-portioned snacks encourage healthy eating
  - Not mindlessly snacking



# Placement of snacks


- Keep healthy snacks in front of the fridge
- Treats should be hidden
- Roommate's food?
  - Keep in their room



# Cutting Demo

- Hold the knife firm
- Curl your fingers





Make some  
snacks!



# Conclusion

- Feel more in control of your choices
- Be aware of mindless eating
- Healthy snacks
  - Both on and off campus

**Questions????**