

Build a better snack.

To improve your snack choices, first think about where and when you snack.

A snack you eat often:	Fat grams/calories per serving	Where and when do you usually eat the snack?
1.		
2.		
3.		
4.		
5.		

Are most of your snacks planned or unplanned?

For many people, unplanned snacks are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

Being too hungry

Being tired or overworked

Feeling stressed, anxious, bored, or angry

Seeing or smelling food, or seeing others eating

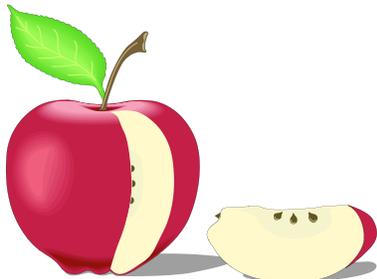
Doing certain things or being in certain places (e.g., watching TV)

Celebrating on holidays or at family gatherings

Other _____

What could you do to avoid these situations/feelings or handle them differently?

Example: If the TV room triggers eating potato chips for you, you could stop buying potato chips and keep a bowl of fresh fruit in the TV room.



My best snacks.

Look through several of your completed Keeping Track books.
Find some examples of healthy snacks.

What food choices, times, and places for snacks work well for you?

How many total fat grams and/or calories for snacks are best?

Fat goal for snacks: _____ grams

Calorie goal for snacks: _____ calories

Use the examples and the “Satisfying Snacks” list on the next page to build 7 standard snacks for yourself.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



Satisfying Snacks

Choose a healthy snack that matches the taste and texture you're looking for. And remember to watch the portion size.

Crunchy Snacks

- Fresh fruit (apple, pear)
- Raw vegetables (broccoli, carrots, cauliflower, green pepper, celery)
- Low-fat crackers (oyster, Melba, matzo, rice crackers, crispbread)
- Popcorn, air-popped or light
- Pretzels
- Baked tortilla chips 
- Baked potato chips
- Rice cakes, popcorn cakes
- Other _____

- Coco Puffs cereal
- Fudgesicle, regular or sugar-free
- Chocolate pudding pop
- Chocolate pudding made with skim milk
- Chocolate Instant Breakfast made with skim milk
- Chocolate nonfat milk
- Chocolate graham crackers
- Other _____

Chewy Snacks

- Dried fruit (raisins, apricots)
- Chewy breads (English muffin, bagel, pita bread, breadsticks)
- Other _____

Sweet Snacks

- Fresh fruit (orange, banana, cherries, kiwi, grapes, blueberries, strawberries, peach, plum, pineapple, melon) 
- Jell-O gelatin
- Licorice
- Hard candy
- Jellied candy
- Low-fat cookies (ginger snaps, graham crackers, vanilla wafers)
- Other _____

Smooth or Frozen Snacks

- Applesauce, unsweetened with cinnamon
- Pudding, made with skim milk
- Yogurt, nonfat
- Nonfat cream cheese on a graham cracker
- Frozen yogurt, nonfat
- Sherbet
- Ice milk
- Frozen fruit bars
- Lemon ice
- Frozen grapes, bananas, berries
- Popsicle
- Other _____

Chocolate Snacks