SNACKING GUIDE

SNACKING TO LOSE WEIGHT

If you're snacking for a slimmer waistline, learning how to snack smart can be the difference between seeing the numbers on the scale rise or fall. Common snacking mishaps include eating snack foods high in fat and sugar that only provide empty calories and not keeping an eye on portion sizes. The best snacks fill nutrient gaps in your diet; in fact, choosing snacks with fiber and protein can satisfy hunger pangs and help you stay satisfied between meals.[1] Research shows that people who snack between meals are less likely to be obese or overweight.[2] So start making confident snack choices today.

THE SNACK SELECTOR

The ideal snack contains fiber, protein and healthy fats that work together to nourish your body and satisfy your hunger. When you're cutting back on calories to slim down on the scale, it pays to focus on choosing foods that are rich in nutrients and will "work hard" for you. This chart is a guide to selecting smart snacks.[3]

SNACK	SERVING	CALORIES	PROTEIN	FIBER	TOTAL FAT	MUFA	PUFA
NUTS							
Almonds	1 oz.	160	**6 g**	**3.5 g**	14 g	**8.8 g**	3.4 g
Walnuts	1 oz.	185	4.3 g	1.9 g	18.5 g	2.5 g	**13.4 g**
Pistachios	1 oz.	159	5.8 g	2.9 g	12.9 g	6.8 g	3.9 g
YOGURT							
Low-fat Plain	8 oz.	143	11.9 g	0 g	3.5 g	1 g	0.1 g
Low-fat Vanilla	8 oz.	208	12.1 g	0 g	3.1 g	0.8 g	0.1 g
Greek	8 oz.	213	**17 g**	0 g	4 g	**1.3 g**	0.1 g
CHEESE							
Low-fat Cheddar	1 oz.	49	6.9 g	0 g	2 g	0.6 g	0.1 g
Part-skim Mozzarella	1 oz.	72	6.8 g	0 g	4.5 g	1.3 g	0.1 g
Cheddar	1 oz.	114	**7.1 g**	0 g	9.4 g	**2.7 g**	**0.3 g**
DRIED FRUIT							
Apricots	1/4 cup	78	1.1 g	**2.4 g**	0.2 g	0 g	0 g
Cranberries	1/4 cup	93	0 g	1.7 g	0.4 g	**0.1 g**	**0.2 g**
Raisins	1/4 cup	123	**1.3 g**	1.5 g	0.2 g	0 g	0 g
BARS							
Cereal	1 bar	139	2 g	1.3 g	3 g	**1.3 g**	0.4 g
Low-fat Granola	1 bar	144	3 g	2.3 g	2.7 g	0.7 g	**1.7 g**
Energy	1 bar	235	**10 g**	**5 g**	4 g	0.7 g	1.5 g

MUFA: Monounsaturated fats **PUFA:** Polyunsaturated fats **Pink text** indicates highest value for each category

[1]Turnball WH, Walton J, Leeds AR. Acute Effects of Mycoprotein on Subsequent Energy Intake and Appetite Variables. Am J Clin Nutr. 1993;58(4):507-12.

[2]Keast DR, Nicklas TA, O'Neil CE. Snacking is associated with reduced risk of overweight and reduced abdominal obesity in adolescents: National Health and Nutrition Examination Survey (NHANES) 1999–2004. Am J Clin Nutr. 2010;92(2):428-35. Epub 2010 Jun 16.

[3]Nutrition values will vary depending on product brand and formulation.

U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

california almonds®
AlmondBoard.com

ARE YOU A SEASONED **SNACKING PRO?**

Do you have nutritional know-how? Now that you've got our snacking ideas and tips, take these quick quizzes to find out how much you know and what kind of snacker you are.

WHAT'S YOUR SNACKING IQ?

1. **What combinations of satiating nutrients make up an ideal snack?**
   a. Fiber and protein
   b. Healthy fats like monounsaturated and polyunsaturated fats
   c. All of the above

2. **Snacking can be a beneficial addition to which diet plan?**
   a. Diabetic diet
   b. Gluten-free diet
   c. Weight-loss diet
   d. All of the above

3. **Research shows that people who snack between meals are:**
   a. More likely to gain weight
   b. Less likely to be obese or overweight
   c. It depends on how you snack

4. **For a snack under 200 calories, you can eat:**
   a. 1 oz. of almonds
   b. 2 oz. of low-fat cheddar cheese
   c. One low-fat granola bar
   d. Any of the above

5. **When selecting a snack, it's best to focus on lower-calorie options.**
   a. True
   b. False
   c. It depends on the snack

Answer Key: 1. C; 2. D; 3. C; 4. D; 5. C.

Go to AlmondBoard.com for the printable file.

Document #2012HP0019 © 2012 Almond Board of California. All rights reserved.

SPICE UP YOUR SNACK BREAK

Healthy snacking doesn't have to be bland or boring; keep your taste buds guessing with these fun ideas under 200 calories. Find more craveable recipes and simple snack tips at AlmondBoard.com.

SPICY	SWEET
2 oz. reduced-fat pepper jack cheese with 5 whole-wheat crackers (164 calories)	1/4 cup raw almonds with 2 tablespoons dried cranberries sprinkled with cinnamon (186 calories)
3 tablespoons salsa with 14 baked tortilla chips (135 calories)	1/2 cup red grapes with 1 part-skim mozzarella cheese stick (84 calories)
1 cup tomato soup with a dash of cayenne pepper (180 calories)	1 low-fat granola bar (144 calories)
1/4 cup wasabi almonds (170 calories)	7 dehydrated apple chips dipped in 1/2 cup nonfat vanilla yogurt (165 calories)

CRUNCHY	CREAMY
1 mini bag of reduced-fat popcorn sprinkled with parmesan cheese (122 calories)	2 tablespoons of almond butter sandwiched between with 2 thick slices of cored apple (200 calories)
3 pretzel rods and 1 slice smoked provolone cheese (190 calories)	6 oz. Greek yogurt with 2 tablespoons slivered almonds (190 calories)
1/2 cup each cucumber and carrot sticks with 2 tablespoons low-fat salad dressing (123 calories)	2 tablespoons of hummus with 10 baby carrots and 5 olives (130 calories)
1/4 cup low-fat granola and 1 tablespoon slivered almonds with 1/2 cup low-fat cottage cheese (147 calories)	2 tablespoons guacamole with 10 baked tortilla chips (175 calories)

SNACKING IQ SCORE

Calculate your score: Give yourself one point for each question you answered correctly.

0–1 points: You're a Novice Snacker
You're on the right track. Stick to these snacking tips and you won't be a novice for long. If you're hungry for more knowledge, enjoy a wealth of resources at your fingertips at AlmondBoard.com.

2–3 points: You're a Sensible Snacker
You know a good deal about healthy eating and you're well on your way to being snack savvy. Learn more about nutritious snacks and portion tips at AlmondBoard.com.

4–5 points: You're a Smart Snacker
You know your stuff! Don't let that nutrition know-how go to waste. Turn that knowledge into action and visit AlmondBoard.com to stay up to date on all things almond.

california almonds®
AlmondBoard.com