



**February 2019**

## **Healthy Snacking**



February is National Snack Food Month, so this month, focus on snacking in a healthy way!

- Snacking is part of our lives, but it's not always a bad thing. Snacking properly is what's important.
- If you find yourself snacking poorly, there are ways to get your mind off of food or improve the quality of your snack.
- Try our easy snack recipes to get snacking in a safe and delicious way!

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**Snacking**



## What is Considered a Snack?

- A snack is a small portion of food or drink or a light meal, especially one taken between regular meals.
- A share or portion of food.

## How and Why We Snack

- People may snack to satisfy cravings for sweet or salty foods, prevent or relieve hunger, boost nutrient intakes, control weight, increase their metabolic rates, pass the time, deal with unsettling emotions or to replace meals.
- According to a 2014 Nielsen report, 41 percent of North American respondents ate snacks instead of dinner at least once in the previous 30 days. The favorite snacks in North America are chips, chocolate and cheese.
- All-day eating and frequent snacking instead of structured meals and snacks may be side effects of today's on-the-go lifestyle.

## Benefits of Snacking

- Snacking keeps your hunger level to a minimum. If you snack throughout the day, you will be less likely to overeat during breakfast, lunch, and dinner.
- It keeps your metabolism working hard all day.
- It gives you a chance to improve the quality of your diet. Throw in some snacks that are rich in areas where your meals have lacked, i.e. fiber, protein, vitamins.
- Snacking takes your focus off of hunger and gives you energy, leading to increased focus and productivity throughout the day.

## Quality is Most Important

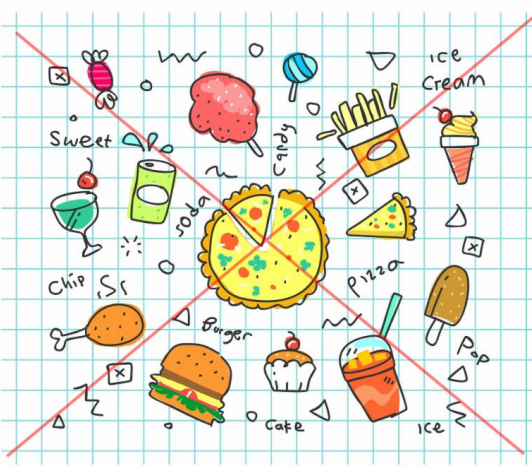
- A study of 233 adults in a worksite wellness program found that total snacking calories and frequency of snacking were unrelated to diet quality or BMI. However, the choice of snack foods affected both.
- The percentage of snacking calories from nuts, fruit and 100-percent fruit juice was related to better diet quality, while percentage of snacking calories from sweets and sugar-sweetened beverages was related to poor diet quality.
- Eating vegetables as snacks was associated with lower BMI, and eating sweets was associated with higher BMI.

SOURCE: <https://foodandnutrition.org/july-august-2015/science-says-snacking/>

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# How to Avoid Unhealthy

# Snacking



## Take a Walk

- Researchers at England's University of Exeter, found that a walk can help curb snacking. In their study, subjects who took a brisk 15-minute walk before indulging in a chocolaty treat consumed less of it than did those who stayed put.
- "Stress, boredom, and fatigue are all factors that can cause us to snack when we're not hungry," says Hwajung Oh, Ph.D., one of the study authors.

## Get More Sleep

- A lack of sleep has long been shown to be associated with overeating in general, but new research suggests that it can lead specifically to over snacking.
- In a recent study conducted at the Centre for Sleep Research, in Adelaide, Australia, people who slept for about four hours a night were more likely to eat excess snacks than were people who got more sleep.
- "Inadequate sleep can change the body's levels of the hormones ghrelin and leptin, which regulate feelings of hunger and fullness, respectively," says Crandall. Getting a full night's rest can keep your hormones balanced.

## Adjust your Environment

- If you find yourself snacking at the same place or time every day (when you hit the couch after dinner, for example), something might be causing this reaction.
- Lighting and temperature may affect how much you eat. Subjects in one study were found to eat more in cold temperatures. Research also indicates that dim or soft lighting may prompt people to consume more food.

## Make Unhealthy Snacks into Healthy Ones!

- POTATO CHIPS: Try baked chips or chips cooked with avocado oil. They contain less fat and unsaturated fats, respectively.
- PRETZELS: Lose the salt! Unsalted pretzels contain significantly less sodium.
- CHOCOLATE: The darker, the better. Per 100g, a 70-85% cacao contains 3x more dietary fiber and 3x-4x more antioxidant minerals than milk chocolate.
- ICE CREAM: Frozen yogurt contains much less fat, 40 less calories, and twice as much protein and calcium per serving than ice cream.

SOURCE: <https://www.realsimple.com/health/nutrition-diet/healthy-eating/healthy-snacking>

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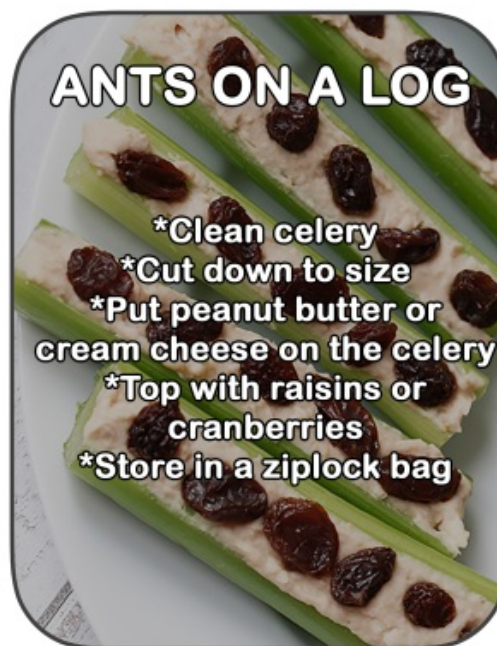
# Healthy Snack





# Recipes

## Easy Snack Recipes!





## HARD BOILED EGGS

- \*Boil a pot of water
- \*Gently place eggs in the water and boil for 10 minutes
- \*Rinse under cold water
- \*Store in a ziplock bag and keep cool

## AVACADO TOAST

- \*Toast whole wheat bread
- \*Peel an avacado and spread it on your toast
- \*Sprinkle with a little salt and pepper
- \*Store in an airtight container

## FRUIT AND PEANUT BUTTER

- \*Slice some fruit
- \*Put peanut butter on top
- \*Top with some cranberries or raisins
- \*Store in an airtight container

## FRUIT SALAD

- \*Start with washed berries or fruits
- \*Top with a little whipped cream
- \*Store in an airtight container

SOURCE: <https://www.arcnj.org/information/healthylifestyles.html>

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# Let's Eat Healthily!





Looking to learn more about healthy living?  
We can hold a Healthy Lifestyles Workshop at your  
location!



Don't see what you're looking for? We'll make it for you!  
E-mail [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514 to schedule a

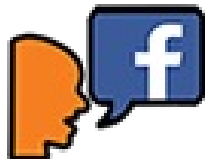
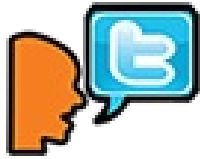
training at your location!



*The Horizon Foundation for New Jersey*

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