



Snacks can be a healthy part of your daily diet. They can provide a much needed energy boost between meals as well as vitamins, minerals and fiber. Follow these tips to keep your snacking smart!

- **When:** Don't snack because it is a daily part of your routine; snack when you are feeling a little bit hungry. Some people reach the point of hunger several hours after a meal and some reach it much sooner. Have a bite if you're hungry, but hold off if you aren't.
- **What:** Think of snacks as small meals that contribute needed nutrients to your body. Try choosing a snack that contains foods from at least two different food groups: grains, fruit, vegetable, dairy or protein. Keep a variety of nutritious snacks on hand, such as whole grain crackers and cheese.
- **How Much:** Keep portion control in mind. Instead of eating straight from the package, portion snacks into single serving containers. Aim for around 150 to 250 calories. Healthy snacks are an important part of a well balanced diet.

