

HEALTHY SNACKING GUIDE



Snacking can be a great way to keep hunger at bay and fill in nutrition gaps in your diet, or it can be a landmine of empty calories. A whopping 92% of us snack sometime throughout the day¹ and, often, more than once. Since snacking is so much a part of how we eat, it's important to be smart about the snacks you choose.

WHAT MAKES A SMART SNACK?

- **Fills gaps.** Nutrient gaps that is! Be smart about what you snack on by choosing nutrient-rich foods, like fruits and veggies, whole grains and nuts that help nourish your body.
- **Fits your lifestyle.** Snacking shouldn't be a hassle, so figure out what works best for you. If you're always on the go, find snacks that are portable, easy to eat and don't have to be refrigerated.
- **Tastes good.** Research shows that taste is the most important factor when choosing foods, so don't torture yourself with snacks you don't like. Find snacks you enjoy and look forward to eating!

PAY ATTENTION TO PORTIONS

To keep calories in check, take the time to measure the amount or portion size of your snacks. It will help keep you from overdoing it calorie-wise and keep you on a good nutrition track. When it comes to remembering the correct portion of almonds, it's as easy as 1-2-3: one ounce equals 23 almonds. How simple is that?



WHAT KIND OF SNACKER ARE YOU?

Snacks can be different things to different people. A snack can be a mini-meal that is eaten multiple times a day in place of three larger meals, or it can be smaller, to tide you over between meals. Either way, snacking can easily cause your daily calories to creep up, so make sure you consider portion sizes when choosing snacks.

- **I'm a mini-meal eater.** For mini-meal snacks, it's particularly easy to overdo it in the calorie department, so be mindful of how all the calories in your mini-meals add up throughout the day. Remember, you're breaking your main meals into smaller meals, not adding extra meals.
- **I'm a tide-me-over snacker.** For snacks to tide you over between meals, keep it to less than 200 calories per snack, and keep track of how many snacks you eat. Snacks should help satisfy hunger without overfilling. Nutrients like fiber, good fats and protein in foods such as almonds help fill you up and keep you going between meals.

MAKE A PLAN

Planning is a powerful driver for choosing healthier snack options.² It helps eliminate the scramble for food when you get hungry, which can result in less-than-smart snack choices. Ask yourself these questions to make a smart snacking plan:

- Does my snack need to be portable?
- Do I need to be able to eat without utensils?
- Will I have access to a refrigerator, sink or stove/microwave?
- Do I have time to prepare it, or does it need to be ready to eat?
- Do I need containers to take the snack in or is it prepackaged?
- What's the right amount of the snack to eat?
- How many snacks do I need?

1. Hartman Group. *Hartbeat Special Edition: Spotlight on Snacking*. March 15, 2016.
2. 2016 Registered Dietitian AAU. Sterling-Rice Group.



THE SKINNY ON ALMONDS

There's good calorie news about almonds! Research from the U.S. Department of Agriculture shows that both roasted and unroasted almonds provide fewer calories than thought—and that the number of calories is largely dependent on form.³ Using a new method that takes bioavailability into account, researchers were able to determine the number of calories actually digested and absorbed from almonds versus the caloric estimate based on macronutrient content alone. In whole unroasted almonds, 25% fewer calories are absorbed, while roasted almonds offer 17% to 19% fewer calories, compared to the number of calories listed on nutrition labels. Almonds are an easy, tasty, on-the-go snack that delivers the nutrition you need and the crunch you crave.



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 Almonds.com.

SPICY	SWEET
2 oz. reduced-fat pepper jack cheese + 5 whole-wheat crackers (164 calories)	1/4 cup unroasted almonds + 2 tablespoons dried cranberries + sprinkle of cinnamon (186 calories)
3 tablespoons salsa + 14 baked tortilla chips (135 calories)	1/2 cup red grapes + 1 part-skim mozzarella cheese stick (84 calories)
8 oz. warm unsweetened almond milk stirred with 1/2 tablespoon turmeric + 1/2 teaspoon cinnamon + 1/4 teaspoon ground ginger + pinch of black pepper + 1 tablespoon honey (140 calories)	Whole sweet potato, sliced lengthwise in fourths so each resembles a piece of toast. Bake slice at 450°F for 20 minutes flipping once. Top slice with 1 tablespoon of almond butter + 1 teaspoon dried coconut chips (133 calories)
1/4 cup wasabi almonds (170 calories)	1 fruit and nut snack bar (180 calories)
CRUNCHY	CREAMY
1/2 cup hot air-popped popcorn tossed with 1/4 cup sliced almonds and a mixture of 1 teaspoon extra virgin olive oil + 1/4 teaspoon smoked paprika + 1/8 teaspoon garlic powder (188 calories)	2 tablespoons almond butter sandwiched between 2 thick slices of cored apple (200 calories)
3 pretzel rods + 1 slice smoked provolone cheese (190 calories)	1/2 cup non-fat plain Greek yogurt mixed with 1 tablespoon almond butter + 1 teaspoon blackberry fruit spread (178 calories)
1/2 cup cucumber slices + 1/2 cup carrot sticks + 2 tablespoons low-fat salad dressing (123 calories)	2 tablespoon hummus + 10 baby carrots + 5 olives (130 calories)
1/4 cup low-fat granola + 1 tablespoon slivered almonds + 1/2 cup low-fat cottage cheese (147 calories)	2 tablespoons guacamole + 10 baked tortilla chips (175 calories)