



Make the Most of Your Munchies

What would college students do without munchies? Whether to relieve boredom at the library, pass time between classes, or socialize with friends at midnight, almost everyone reaches for a snack sometime during the day. Think about the types of snacks you eat — do you choose a candy bar and soda, or fat-free plain yogurt with fresh fruit?

The key to healthy snacking is your conscious effort to make wise food choices. Although temptation exists to snack on chips, candy, and soda, try to select foods low in fat, added sugar, and sodium to maintain your healthy eating plan.

Practical Tips for Healthy Snacking

- **Fresh fruit and vegetable sticks are ideal snacks.** They are packed with vitamins, minerals, and phytochemicals and are a great source of complex carbohydrates. Also, selecting fresh fruit instead of fruit juice is an excellent way to increase your fiber intake.

- **Yogurt and cottage cheese** are good sources of protein, vitamins, calcium, and other minerals. When considering calories, look for products with a lower fat content (1% lowfat or fat-free).
- **Raisins, whole grain crackers, and high fiber cereal with non-fat milk** can also be nutritious snacks. However, moderation is the key. If consumed in large quantities, these items will greatly increase your caloric intake.
- Substitute high-fat snacks with more healthful choices. Chips are high in calories and fat. **Hard pretzels** are usually baked, not fried, so their fat content is lower. Also, **air-popped popcorn** is low in fat and calories and a good source of fiber.

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- Don't skip or skimp on meals. You may be more likely to choose less healthy, high-calorie snacks instead, causing you to consume more calories than if you had initially eaten a balanced meal.
- If attempting to lose weight, don't watch television, talk on the phone, or read while you are eating. If you are preoccupied with another activity, you may end up eating more than planned.
- Use your study breaks to burn calories instead of adding them. Go for a brisk walk, jog, or do some stretching exercises rather than munching on a cookie or pizza.
- Drink water throughout the day to meet your body's fluid needs and to help you feel full.

Interested in a Satisfying, Low-calorie Snack?

Try these:

	Calories
Apple (1 medium)	81
Bagel, plain (1 small)	163
Banana (1 medium)	105
Carrot sticks (1 cup)	50

Cottage cheese, 1% lowfat (1/2 cup)	82
Crackers, Saltine (7)	70
Orange (1 medium)	65
Yogurt, fruit flavored, fat-free (1 cup)	200
Yogurt, plain, fat-free (1 cup)	110
Popcorn, plain air-popped (6 cups)	100
Pretzels (18 small)	100
Rice cakes, plain (2 cakes)	70

To find out more about healthy snacking,
please visit **www.snac.ucla.edu**.



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In a society where people are always on the go, it's not surprising to find that 15% of the typical American's daily calorie intake comes from between-meal snacks. However, snacking can be nutritious, as long as you choose snacks wisely.

Practical Tips for Healthy Snacking

- Choose snacks low in fat, added sugar, and sodium, and high in fiber, vitamins, and minerals.
- Moderation is the key. Smaller portions mean fewer calories.
- Take fresh fruit to school with you to snack on between classes or to hold you over until mealtime.
- Try to avoid purchasing sweet snacks for home. Instead, keep alternatives like fruit, vegetable sticks, fat-free yogurt, cottage cheese, and rice cakes readily available.
- Don't skip or skimp on meals. Your resistance to unhealthy snacks may be lowered, causing you to consume more calories than if you had initially eaten a balanced meal.
- If attempting to lose weight, do not watch television, talk on the phone, or read while you are eating. The point is to disassociate eating from other activities so you will be conscious of the amount of food you are eating.
- During study breaks, burn calories rather than adding them. Go for a brisk walk, explore the campus, take a jog, or do some stretching exercises rather than succumbing to cookies or pizza.
- Try air-popped popcorn as a filling, low-calorie snack. Instead of adding butter or margarine, try a tasty low-sodium or no sodium seasoning blend.
- Save part of a large meal, such as a fruit salad or raw vegetable sticks, to eat later as a snack.
 - Enjoy a yogurt shake instead of a fast food milkshake. Blend fat-free yogurt, nonfat milk, and fresh fruit for a between-meal drink that is not only filling, but also rich in protein, vitamins, calcium, and other minerals.
 - Choose snacks that don't stick to your teeth and are low in added sugar to reduce the chance of dental decay. Be sure to brush or rinse after eating snacks.



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Calorie Content of a Few Common Snacks

The following snacks are popular, but less than ideal choices. What makes them unwise options are their high calorie content as well as their high fat, added sugar, and/or high sodium content.

	Calories
Ice cream bar (1)	330
Cheese pizza (1 slice)	329
Pepperoni pizza (1 slice)	389
Microwave popcorn w/butter (6 cups)	380
Cheeseburger (1)	350
French fries (medium order)	370
Beef burrito (1)	354
Hot dog on bun (1)	374
Chocolate chip cookies (3 small)	160
Chocolate candy bar (1)	230
Potato chips (11 chips)	140
Peanuts (1/2 cup)	320
Muffin (1 large)	480

Snack Ideas Worth About 100 Calories

The following snack items are healthy selections because they are lower in calories and higher in fiber, vitamins, and minerals. Choosing healthy snacks will boost your energy level and maintain your wise nutrition plan.

Fresh peaches (2 large)
Apple (1 large)
Fresh strawberries (2 cups)
Air-popped popcorn, no butter (6 cups)
Carrot sticks (2 cups)
Nonfat milk (1 cup)
Seedless grapes (37)
Grapefruit (1 medium)
Graham crackers (3)
Pretzels (18 small)
Saltine crackers (10)
Oranges (2 small)
Raisins (1/3 cup)
Banana (1 medium)
Orange juice (1 cup)
Watermelon (2 cups)
Fruit flavored, fat-free yogurt (1/2 cup)
Rice cakes (3 plain)
Fruit juice bar (1)