



## Snack Attack



A major source of extra calories comes from snacks. Before you snack, decide whether or not you are really hungry. If you are truly hungry, choose a snack or beverage that will add more fruits, vegetables, whole-grains or non-fat dairy into your diet. These foods provide important nutrients that we often lack in our daily food intake.

### TODAY'S AGENDA

- I. Weigh-in & record
- II. Welcome & celebrate success
- III. Newsletter Volume 6
- IV. Discuss snacking.
- V. Stretch
- VI. Next week - portion control

A smart snack is one that is low in calories. Snacks are meant to hold you until your next meal, not replace it. Evaluate your beverage intake. Sometimes we forget to count the calories contained in what we drink, but these calories add up! Water is the smartest choice. It is calorie-free and fills you up. Carry a water bottle with you and keep it filled. For a little flavor, add slices of fruit or cucumbers to your water. Other smart choices include calorie-free beverages such as unsweetened tea.

### Kick the Can Challenge

Did you know that if you cut 2 cans of regular soda per day from your daily intake and didn't change ANYTHING else, you would lose **31** pounds in one year?

Take the challenge! Kick the can!

Check out the Eat Smart North Carolina: Snacks and Drinks Guide at [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com) for great tips on choosing smart snacks and beverages.

