



## Snacks - Part of a Healthy Diet

Today, it is common for people to eat several small meals and snacks per day. Often people think snacking between meals can lead to weight gain or that snacking will spoil your dinner. Snacks can be a very important part of the diet especially for older people. If you snack on healthy foods at the right time it can be a good way to get extra energy, vitamins, and minerals.



Keep healthy snacks handy for when you begin to feel hungry.

### When to Snack

If you are hungry, but will not eat a meal for an hour, have a small low-calorie snack (about 100 to 200 calories) such as:

### Develop Good Snacking Habits

- ◆ Choose snack foods moderate in fat, sugar and salt.
- ◆ Choose snacks high in fiber, vitamins, and minerals.
  - Fresh, canned or dried fruit
  - Vegetables with dip
  - Whole grain breads, crackers or cereals
  - Lowfat calcium providing dairy products
  - Protein-rich foods, such as nuts, peanut butter or sliced turkey

- ◆ One medium piece of fruit or ½ cup canned or cut up fruit and small slice of cheese
- ◆ One handful of pretzels/popcorn and ½ cup fruit juice
- ◆ Vegetable juice (6 ounces and one slice of whole wheat toast
- ◆ Cut vegetables with dip
- ◆ One cup lowfat milk and two graham crackers
- ◆ Two tablespoons nuts

If your next meal is a few hours away and you feel hungry, choose a little larger snack.

Healthy snacking can help you stay more alert and think more clearly. When you find yourself getting tired during the day, avoid desserts like cake, doughnuts and soft drinks. Instead reach for a healthy snack.

## Snack with Kids

Children also need healthy snacks during the day. When possible plan to snack with grandchildren or neighbor children. Kids usually like fruit because it is naturally sweet and colorful. This makes a good snack for you and them. Fruit cut into finger foods such as sliced bananas, apple slices or grapes make great snacks. A fruit smoothie made with lowfat milk gives them needed calcium. If possible get the kids involved with making snacks; they are more likely to eat them.

Here is a tasty recipe that will keep well. Make and serve it with lowfat milk to neighbors and friends.

## Chocolate Peanut Butter Cookies

4 cups flaked cereal, crushed to 1 cup  
2 ½ cups all-purpose flour  
¼ cup unsweetened cocoa powder  
½ tsp salt  
1 ½ tsp baking soda  
1 cup unsweetened applesauce  
1 cup crunchy peanut butter  
2 ½ cups packed brown sugar  
1 egg  
2 tsp vanilla  
Vegetable cooking spray

Preheat oven to 374F. Stir together crushed cereal, flour, cocoa powder, salt, and baking soda and set aside. In large mixing bowl, beat together applesauce, peanut butter, brown sugar, egg and vanilla. Stir in cereal mixture. Drop by rounded tablespoonfuls onto baking sheets coated with cooking spray. Bake about 12 minutes or until lightly browned. Cool on wire racks. Makes 4 ½ dozen

Nutrition Facts per 1 cookie: 90 calories, 2.5 g fat, 1 g fiber



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