

# THE 4 PILLARS OF HEALTHY SNACKS:

Snacking can either be a healthy habit or a dangerous pastime, depending on how you approach it.

Healthful snacks are loaded with nutrients and fiber. They're low in calories, fat, sugar, and sodium, and they should be filling too!

Unhealthful snacks, on the other hand, are loaded with calories, fat, sugar, and sodium. They often provide very little in terms of nutrients, fiber, or satiety. Things like potato chips, cookies, and candy are all popular snack foods, but they don't actually promote health or wellness.

So how can you navigate these snacking minefields? With the 4 pillars of healthy snacks, of course! If your snack can be held up by these 4 pillars and meets all the criteria, then you're good to go!



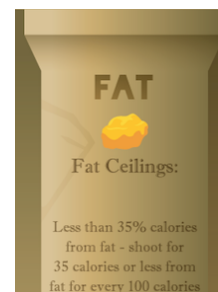
## Pillar One: Calorie Limits

Your snack should have less than 200 calories per serving. Choose foods like fruits and vegetables and pair them with a la

lean protein, or nonfat dairy.

## Pillar Two: Fat Ceilings

Keep your snack low in fat by making sure that less than 35% of its total calories come from fat. In other words, shoot for 35 fat calories or less for every 100 calories that your snack contains.



## Pillar Three: Sugar Caps

Follow a similar guideline for sugar. 35% or less of the weight of your snack should come from sugar -- no more. That's 9 grams or less per ounce, so be sure to check the Nutrition Facts label!

## Pillar Four: Nutrient Requirements

Keep your snacks rich in whole foods. This means including whole grains, 1/4 cup of fruits or veggies, and/or lean dairy and protein foods. Choose snacks that offer 10% or more of the daily value for potassium, vitamin D, fiber, or calcium, which are all nutrients that most people aren't eating enough of.



## Snacking Inspiration: Combinations!

For a healthful and filling snack, try pairing fruits and vegetables with a bit of lean protein or dairy. This will give your a nutrient and fiber boost without overloading you with empty calories. Your four pillars will be firmly in place. So what are you waiting for? Try...

- An apple with a tablespoon of peanut butter
- Nonfat cottage cheese and plums
- Celery and low-fat bean dip
- A pear with an ounce of cheese
- Nonfat plain yogurt and a peach
- An ounce of turkey breast and carrot sticks