SMART SNACKS

SNACK FOOD          Healthy Carbs, Proteins and Veggies

Healthy Snacking is great for school-aged children

Healthy snacks = Healthy Carbohydrate + Lean Protein + Veggie

JUNK FOOD          Unhealthy Snack Choices

It's Nibble Time!

There is evidence that eating three meals and two or three snacks per day (nibbling) might be better for you than eating fewer, larger meals (gorging) as long as the total caloric intake remains the same. Compared to the gorging eating pattern, the nibbling eating pattern has been shown to:

- Lower blood cholesterol
- Control caloric intake
- Reduce hunger