



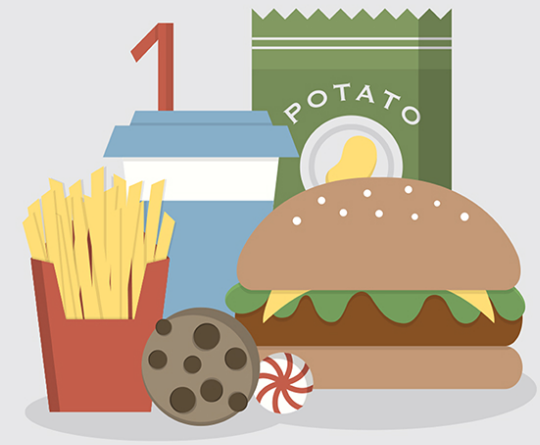
PennState
PRO Wellness

SMART • NUTRIENT-DENSE • AFFORDABLE • CHOICES KIDS SEEK

SMART SNACKS



VS



SNACK FOOD

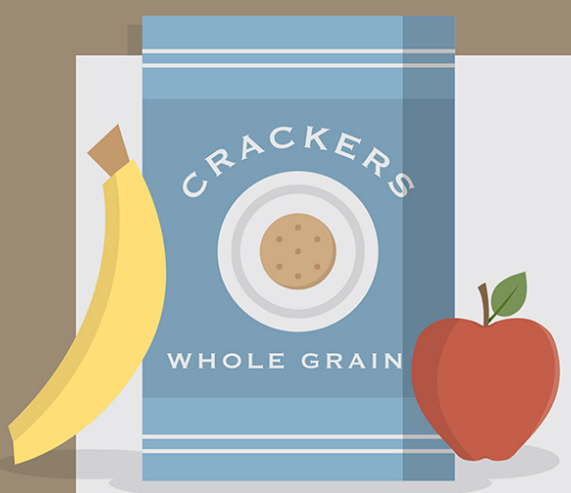
HEALTHY CARBS, PROTEINS AND VEGGIES

JUNK FOOD

UNHEALTHY SNACK CHOICES

HEALTHY SNACKING IS GREAT FOR SCHOOL-AGED CHILDREN

HEALTHY SNACKS =
HEALTHY CARBOHYDRATE + LEAN PROTEIN + VEGGIE



1 CARB

OR



1 LEAN PROTEIN

OR



1 VEGGIE

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

* <http://www.nature.com/ijo/journal/v39/n1/abs/ijo201481a.html>

** <http://www.eufic.org/article/en/expid/review-eating-between-meals-health/>

*** <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9520310&fileId=S1368980014000470>



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