



# Snacks that Work

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UNIVERSITY OF  
**MARYLAND**  
EXTENSION  
*Solutions in your community*

# Outline

- *Review*
  - Why to snack
- Snack strategies
  - When to snack
  - Where to snack
  - What to snack



# Why snack?

- Snacks can be beneficial
  - Stave off hunger
  - Reduce risk of over eating
  - Provide healthy nutrients
  - Give your brain a boost
  - Give you a break!



# Before you snack, ASK

- What's your hunger level? (scale)
- Are you just thirsty?
- Is there something else that you're feeling?
  - Bored
  - Anxious
  - Tired



# The Hunger Scale

- **At 0, you are starving.**

- You've gone too long without eating (6-8 hours) and are possibly irritable and grumpy. You might be feeling nauseous or dizzy, or you may have a headache.

- **At 1, you are ravenous.**

- All you can think about is how hungry you are. You can only think about what you want to eat. When you do eat it is likely that you will overeat.

- **At 2, you are too hungry.**

- You are probably irritable. You may have a headache. Your stomach might be aching by now. It has probably been 4 or more hours since you last ate.

- **At 3, you are having hunger pangs.**

- It's time to eat. Your body is giving you the natural signals that it needs food. This is a good number to start eating--wait any longer and you will be too hungry. It has probably been about 2-3 hours since you last ate.



# Hunger Scale (cont'd)

- **At 4, your hunger is just starting to awaken.**
  - There is a sense of emptiness in your stomach. This can also be good time to eat. You may have eaten about 2 hours ago.
- **At 5, you are neutral.**
  - You aren't hungry or full-this sensation exists between mealtimes. If you feel this and want to eat, it is not due to hunger-you may want to eat out of boredom or stress.
- **At 6, you are just satisfied.**
  - You aren't hungry anymore, but probably will be in about 2 hours. There is definitely more room for food, and you still feel light and energized. This is a good place to finish a meal or snack.
- **At 7, you are 'just right'.**
  - You have had your fill of the food you wanted. You are no longer hungry and you probably won't need to eat again for approximately 3 hours.  
!This is also a good place to finish a meal or snack.



# Hunger Scale (cont'd)

- **At 8, you had a few bites too many.**
  - You ate a few more bites because it was there or tasted good. You might feel a bit bloated like you need to undo the top button of your pants. You may not be hungry for another 4-5 hours.
- **At 9, you are stuffed.**
  - You have gone overboard. Your meal has gone past the point of pleasure and you now feel uncomfortable. You may feel a bit numb or sleepy. You will not be hungry for approximately 6 hours.
- **At 10, you feel sick.**
  - You feel uncomfortable to the point of pain. You may need to lie down until you feel better. You can expect to be hungry again in another 7-8 hours.

<http://www.myeatsmartmovemore.com/HungryFull.html>



# Where to snack

- In the office kitchen or staff lounge
- Outside
- Away from your computer or desk



# Where NOT to snack

- The treat counter & the candy desk!
  - AVOID - Don't even walk by!
  - IF you choose to eat something, take it, move away, eat it, don't go back!



# What makes a good snack?

- Carbohydrate – quick energy
- Protein – longer lasting fullness
- At least 2 pyramid groups



# Check your snack

- Portions
  - Aim for around 200 calories
- Ingredients
  - Look for whole grains, fiber, vitamins, etc.
- All food counts!
  - Watch for Empty Calories (*High Calories, Low Nutrition*)



# Cereal snacks

- Bowl of cereal with milk
- Granola or cereal bar (check label)
- On-the-go snack mix:
  - cereal, pretzels, oyster crackers, or popcorn; and smaller amount of peanuts, raisins, miniature marshmallows, or chocolate chips.
  - Scoop up 1/2 cup (100 calories) for a snack or pack it in your briefcase.



# Fruit based snacks

- Dried fruit – ¼ cup
- Apple with peanut butter
- Frozen juice bars
- Yogurt (plain) with fruit plus granola
- Fruit cups
- Fruit kabobs



# Veggie based snacks

- Try different vegetables
  - grape tomatoes, zucchini spears, jicama, red bell pepper strips, cauliflower florets, broccoli, snow peas, edamame
- Dip into
  - plain yogurt turned exotic with a dash of curry or other favorite herbs or spices.
  - hummus
  - low fat bean dip
  - Cottage cheese



# Grain snacks

- Light or air-popped popcorn
- Whole grain cracker, pita, bread with protein based spread
  - Light cheese, peanut butter, Nutella
- Whole grain pretzels & fruit



# Dairy & protein snacks

- Yogurt – plain or sweetened
  - Yogurt smoothies (check labels)
- Cottage cheese
- Mozzarella cheese sticks
- Peanut or other nut butter (almond, cashew)
- Hard-boiled egg
- Lean lunch meat



# Useless snacks!

- High fat & sugar
  - Donuts, pastries, cookies
  - French fries, chips
- High calorie beverages
  - Coffee drinks
  - Sodas, lemonades



# Summary

- Eating at work is a good idea
- Plan your lunches & snacks
  - If you bring healthy food, you will eat healthy food!
- Enjoy food away from your desk
- Check your hunger level
- Take time to get up and walk around



# Resources

- [http://www.myeatsmartmovemore.com/Texts/SnacksAndDrinks/ES\\_snacks\\_drinks.pdf](http://www.myeatsmartmovemore.com/Texts/SnacksAndDrinks/ES_snacks_drinks.pdf)
- [www.eatbetteramerica.com](http://www.eatbetteramerica.com)
- [www.mayoclinic.com](http://www.mayoclinic.com)

