

Snacks Fit, Choose Balance



SNACK FOOD
ASSOCIATION

An International Trade Association

Healthy Lifestyles

A healthy lifestyle includes a balanced diet and regular exercise. Snacks are “fun food” and, with proper portioning and daily activity, can easily fit into a balanced diet. Eating snacks in between meals can help regulate blood sugar levels throughout the day giving individuals more sustainable energy.

Eliminating the intake of certain foods increases the desire for those foods. And,



adults who completely eliminate the foods they love from their diets have less success losing weight and keeping it off.

Exercise is an important part of a healthy lifestyle, yet 38% of the U.S. population

does not engage in physical activity. Snacks help fuel the energy needed for daily physical activity and playtime.

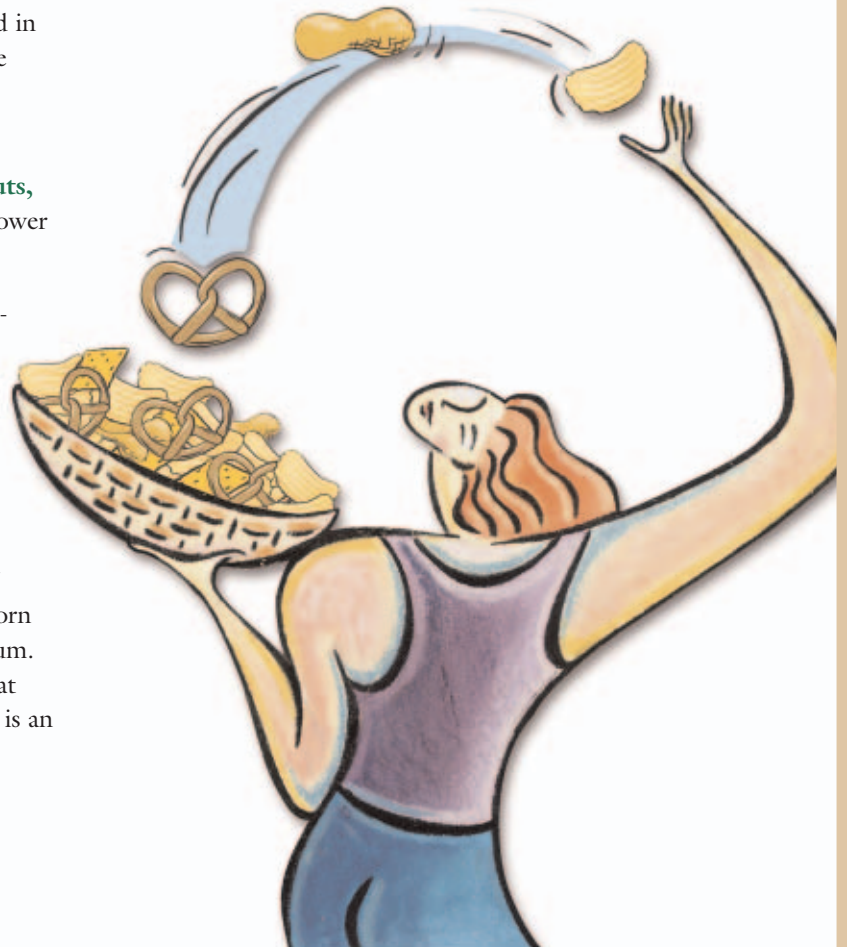
Consumers who want low-fat snacks should try pretzels, popcorn, baked potato chips, baked tortilla chips, rice cakes, dried fruit, or animal crackers.

Snack Facts

DID YOU KNOW?

- ✓ **Potato chips** are known to contain various amounts of fat, but most people do not know that chips also contain 8.8 mg of vitamin C, 0.5 mg of iron and a whopping 362 mg of potassium per one ounce serving. Potassium is an important mineral that helps maintain normal blood pressure.
- ✓ **Potato chips**, which are mostly cooked in trans fat-free oils, are America's favorite comfort food.
- ✓ Recent studies indicate that regular consumption of **peanuts and other nuts**, as part of a healthy diet, may actually lower the risk of heart attack.
- ✓ **Peanuts** as a snack are a nutrition powerhouse; one-fourth cup provides 9 grams of protein, zero cholesterol, 15 grams of unsaturated fat, 3.3 grams of fiber and 245.5 mg of potassium.
- ✓ **Popcorn** is a good source of fiber providing about 3 grams per 3 cups of popped corn. A 3-cup serving of popcorn also provides about 35 mg of magnesium. Magnesium is an important mineral that helps maintain nerves and muscles and is an important component of bone tissue.

- ✓ **Pretzels** contain flour with folic acid, a form of folate. Folate is a B vitamin that reduces the risk of some serious types of birth defects when consumed before and during pregnancy.



Snacks Fit

The snack food industry provides numerous choices for consumers in the snack category, which fit into all types of eating plans. This sample meal plan shows how active women consuming 1,600 to 2,000 calories-a-day can include snacks in a well-balanced diet. (The amount of calories consumed should be balanced with activity level.)

Meal Plan

BREAKFAST 196 calories

Cornflakes	1 cup	110 cal.
Skim milk	1/2 cup	40 cal.
Strawberries	1 cup	46 cal.

MORNING SNACK 175 calories

Apple Medium w/peel		80 cal.
Peanut butter	1 tblsp.	95 cal.

LUNCH 552 calories

Tuna salad sandwich:	2 slices	180 cal.
Grain bread		
Solid white tuna	4 oz.	143 cal.
Lite mayonnaise	1 tblsp.	50 cal.
Lettuce	2 leaves	7 cal.
Tomato	2 slices	10 cal.
Potato chips*	1 oz.	150 cal.
Baby carrots	6	12 cal.

AFTERNOON SNACK 100 calories

Pretzels*	1 oz.	100 cal.
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DINNER 550 calories

Frozen dinner:	1 entree	270 cal.
Chicken parmesan		
Tossed salad	Large	150 cal.
Lite dressing	1 tblsp.	30 cal.
Pudding w/skim milk	1 cup	100 cal.

EVENING SNACK 120 calories

Baked tortilla chips with	1 oz.	110 cal.
Salsa*	2 tblsp.	10 cal.

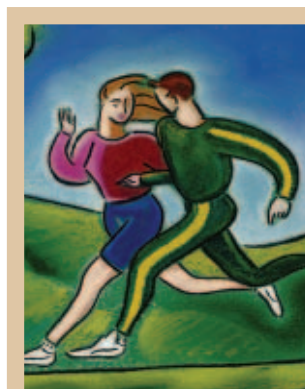
TOTAL 1693 calories

*A wide variety of snacks can be included in a balanced diet. Listed below are snacks that can be interchanged with those in the accompanying meal plan.

Snack Choices

Snack Type	Serving size	Calories
Potato chips	1 oz.	150
Bag of pretzels (sourdough)	1 oz.	100
Baked tortilla chips	18 chips/1 oz.	110
With salsa	2 tblsp./1 oz.	10
Peanuts	1 oz.	160
Microwave popcorn (light)**	1 cup popped	140
Baked chips	1 oz./11 chips	110
Corn chips	1 oz.	155
Beef jerky	1 oz.	116
Dried fruit (banana chips)	1/2 cup/1 oz.	150

**Most bags contain 2.5 servings per bag when popped.



Choose Balance

The snack food industry supports efforts to help Americans improve their nutrition and fitness level. Snacks are an essential part of a balanced diet, and with thousands of choices available to consumers today, it is easier than ever to incorporate variety in the diet. The industry encourages many initiatives that strive to promote healthy lifestyles through nutrition education and physical activity. Below are a few examples of programs endorsed by the Snack Food Association that may help consumers make better decisions on their fitness and nutritional needs.

American Council for Fitness and Nutrition (ACFN),
www.acfn.org

The American Council for Fitness and Nutrition is composed of food, beverage and consumer products companies, and related organizations that share an interest in promoting research, education and policies designed to promote a healthy balance between fitness and nutrition.

America on the Move,
www.americaonthemove.org

America On the Move is a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. By focusing on individuals and communities AOM strives to support healthy eating and active living habits in our society.

Kidnetic (a component of ACTIVATE),
www.kidnetic.com

Kidnetic is a fun, interactive website designed to help kids tap into their own energy through good nutrition and regular physical activity. It offers activities to get kids up and moving while they are online and encourages them to talk to their parents about healthy lifestyles. While making healthy living fun, it also provides resources for parents.



Kidnetic (a component of ACTIVATE)

<http://www.kidnetic.com>

American Council for Fitness & Nutrition

<http://www.acfn.org>

President's Council on Physical Fitness and Sports

<http://www.fitness.gov>

Take 10!™

<http://www.take10.net>

The President's Challenge

<http://www.presidentchallenge.org>

**Executive Office of the President and
U.S. Department of Health & Human Services**

<http://www.HealthierUS.gov>

Web Resources



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