What Will You Pick? Make a Good Choice!

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Why do you pick the things you do?

 Want • Like Need know •think • told Afford

















What are Snacks?

- A snack is a "Mini-meal"
- Defined as food between meals to provide energy
- Snacks are only to "hold you over" until meal time



Snacks....

- 2-3 healthy snacks is a great plan for most
 - Listen to your body
 - Let your body and lifestyle dictate the best times for you to snack
- Top five most consumed snacks: cookies, candy, gum, ice cream, chips
- A snack does NOT equal dessert!
- Key Word: Healthy (Healthier)!



What makes a snack healthy?

- Lower in calories, fat, sugar and sodium
 200 calories or less (for most)
- Higher in other nutrients
- Smaller portion consumed (www.ChooseMyPlate.gov)
- Healthy snacks \neq bad tasting



Why Choose Healthy Snacks?

- Healthy snacks :
 - Keep you satisfied longer
 - Can lead to better choices throughout the day
 - Can lead to increased physical activity
 - Can contribute to an improved health status
 - Can lead to weight loss or avoiding weight gain
 - Can increase energy levels



Why Choose Healthy Snacks?

- Alabama's statewide obesity level
 - 32% obese (2011)
 - 33% obese (2010)
 - 31% obese (2009)
- Chronic disease related to obesity
 - High blood pressure, heart disease, diabetes, reduced life expectancy



How to Choose Healthy Snacks

- Choose from these snack ideas to curb betweenmeal cravings:
 - Fruit, cheese and whole-grain crackers
 - Yogurt topped with granola and fruit
 - Whole grain cereal with fruit and skim or 1% milk
 - Peanut butter with banana slices and celery sticks



Additional Snack Ideas

- Baked tortilla chips with salsa and bean dip
- Pita bread and carrot sticks with hummus dip
- Turkey and string cheese wrapped in a whole-wheat tortilla
- Yogurt and fruit smoothie with graham crackers
- Bean dip and low-fat cheese rolled in a whole-wheat tortilla
- Cheese quesadilla with salsa and lettuce
- Small salad with sliced deli meat, tuna or beans and crackers



How to Choose a Healthy Snack

10-10-5 Nutrition Standard

- 10% or less of the Daily Value (DV) of total fat*
- 10% or less of the Daily Value (DV) of total carbohydrates*
- 5% or more of the Daily Value (DV) of at least one: fiber, vitamin A, vitamin C, calcium, iron
- 360 mg or less of Sodium
- * See Exception



Exceptions for fruits and nuts

Fat Guidelines	Carbohydrate (CHO)	Both Fat and CHO
Nuts and seeds are exempt from 10% or less	Dried or dehydrated fruit are exempt from 10% or less	Food containing both dried fruit and nuts/seeds are exempt from fat and CHO guidelines

Note: Snack mixes and other foods of which nuts are a part must meet the carbohydrate guidelines.

Make a good choice.

Look for the Good Choice symbol when choosing a healthy snack in the vending machines at work. These snacks meet the 10-10-5 rule.

	LOOK FOR THESE LIMITS
Nutrition Facts	
Serving Size 1 bar (35g)	ONLY one serving
Servings Per Container 1	
Amount Per Serving	
Calories 140 Calories from Fat 25	10% or less
% Daily Value*	Daily Value of total fat
Total Fat 3g 5%	
Saturated Fat 0.5g 3%	
Cholesterol Omg 0%	360 mg sodium or less
Sodium 110mg 5%	
Total Carbohydrate 27g 9%	
Dietary Fiber 1g 4%	10% or less Daily Value of
Sugars 9g	total carbohydrate
Protein 2g	
Vitamin A 15% • Vitamin C 0%	
Calcium 20% Iron 10%	5% or more Daily Value of at
* Percent Daily Values are based on a 2,000	least one: fiber, vitamin A,
calorie diet. Your daily values may be higher or lower depending on your calorie needs:	vitamin C, calcium or iron
Calories 2,000 2,500	
Total Fat Less Than 65g 80g Sat Fat Less Than 20g 25g	
Cholesterol Less Than 300mg 300mg Sodium Less Than 2,400mg 2,400mg	 Nuts and seeds are OK even though
Total Carbohydrate 300g 375g	they are high in fat. They contain more
Fiber 25g 30g	unsaturated fat which may help lower "bad"
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	cholesterol.
Ingredients: rolled whole oats, crisp rice [rice, sugar, salt, high fructose com syrup, malt flavoring], high fructose com syrup, brown sugar, rolled whole wheat, raisins, cottonseed oil, com syrup, high fructose com syrup, sugar, fructose, com syrup solids, glycerin, dextrose, natural and artificial flavor, soy lecithin, salt, cinnamon,niacinamide, nonfat dry milk, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), calcium pantothenate, thiamin hydrochloride (vitamin B1), and folic acid.	 Fruit (dried or dehydrated) is not restricted by carbohydrate limits because it provides nutrients that are beneficial to an overall balanced diet.

How to Choose Healthy Beverages

- Beverages
 - Pure Water is preferred
 - Non-carbonated flavored and vitamin enhanced water
 - Without artificial flavors
 - 100% fruit/vegetable juice
 - Without added sweeteners
 - Diet soda



Test Your Knowledge!



Good Choice?



Ingredients: Popcorn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, Salt, and Disodium Phosphate. CONTAINS MILK INGREDIENTS.

Amount Per Serving Calories 160 Calories from Fat 90 % Daily Value* Total Fat 10g 15% Saturated Fat 2g 10% Polyunsaturated Fat 3g 10% Polyunsaturated Fat 3g 7 Trans Fat 0g 2% Sodium 290mg 12% Potassium 100mg 3% Total Carbohydrate 14g 5% Dietary Fiber 2g 9% Sugars 2g 9% Vitamin A 0% Vitamin C 0% Calcium 6% Iron 2% Vitamin E 8% Thiamin 2% Riboflavin 6% Vitamin B ₆ 4% Phosphorus 10% Magnesium 6% Zinc 2% 2 * Percent Daily Values are based on a 2,000 calories cit. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 20g 25g Cholesterol Less than 2,400mg 300mg Sat Fat Less than 2,400mg 300mg Galories Carbohydrate 300g 375g Dietary Fiber 25g 30g <	Nutr Serving Size		on	Fa	cts
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Was that a Good Choice?

- Total fat 15%
- Total carbohydrate 5%
- Dietary Fiber 9%
- Sodium 290 mg
- All meet the 10-10-5 criteria except total fat
- This is not considered a healthy snack



Good Choice?

Kellogg's[®] Pop-Tarts[®] Frosted Blueberry

Nutrition Serving Size	Pacts 1 Pastry (52g)
Amount Per Serving	
Calories 200 0	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol Omg	0%
Sodium 170mg	7%
Total Carbohydrate 38	g 13%
Dietary Fiber less than 1g	2%
Sugars 17g	
Protein 2g	
Vitamia A 100/ - Mitamia O 00/ - On	100/
Vitamin A 10% • Vitamin C 0% • Ca	
Thiamin 10% • Riboflavin 10% • Nia	acin 10% • vitamin 8610%
Folic Acid 10%	000 estada dist. Veux dellu
* Percent Daily Values are based on a 2 values may be higher or lower dependi	2,000 Calorie diet. Your daily
Calories	2,000 2,500
Total Fat Less than	65a 80a
Saturated Fat Less than	20g 25g
Cholesterol Less than	300mg 300mg
Sodium Less than	2,400mg 2,400mg
Total Carbohydrate Dietary Fiber	300g 375g 25g 30g
	ohydrate 4 • Protein 4



Was That a Good Choice?

- Total Fat 8%
- Total Carbohydrate 13%
- Vitamin A 10%
- Iron 10%
- Sodium 170 mg
- All meet the 10-10-5 criteria except total carbohydrate
- This is not considered a healthy snack



Good Choice?



Convine Circ			
Serving Size	1 0Z.		
Amount Per Se	rving		
Calories 12	0 Ca	lories fror	n Fat 25
		% Dai	ly Value*
Total Fat 3)		5%
Saturated F	at 0.5g		3%
Polyunsatu	rated Fat	1.5g	
Monounsat	urated Fa	t 1g	
Trans Fat 0			
Cholestero	0mg		0%
Sodium 210	ma		9%
Total Carbo	_	21g	7%
Dietary Fib			7%
Sugars 3g			- 74
Protein 2g			
Vitamin A 0%	•	Vitam	in C 4%
Calcium 4%	•		Iron 0%
Thiamin 4%	•	Ribof	lavin 4%
Niacin 4%	•	Vitami	n B ₆ 8%
Phosphorus 8	3%•	Magnes	sium 4%
* Percent Daily V	alues are bas	ed on a 2,0	00 calorie
diet. Your daily	values may	/ be higher	
depending on y			
Total Fat	Calories: Less than	2,000 65g	2,500 80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gra Fat 9 • C	m: Carbohydrate	4 • 1	Protein 4

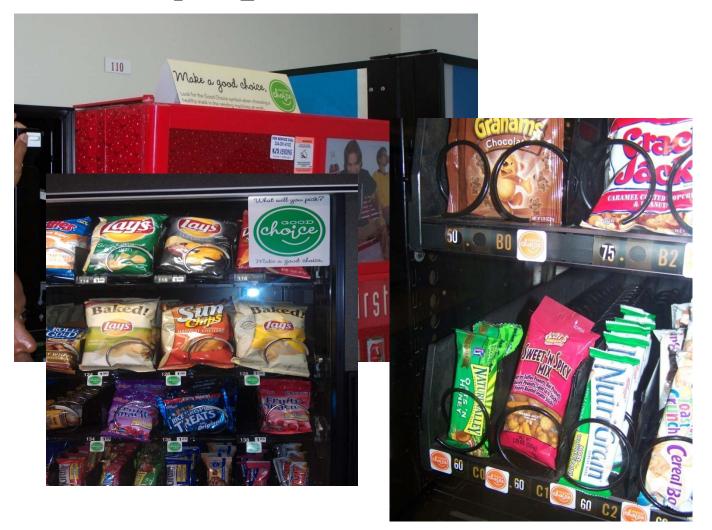


Was That a Good Choice?

- Total Fat 5%
- Total Carbohydrate 7%
- Dietary Fiber 7%
- Sodium 210 mg
- All meet the 10-10-5 criteria
- This is considered a healthy snack



What if the vending machine is the only option?



Healthy Vending Machine Program

- Goal: Increase access to healthy food and beverages and reduce or eliminate the availability of calorie dense, nutrient poor food in vending machines
- Good Choice Stickers on vending machine slots
 - (25-100% of machine will meet the 10-10-5 criteria and be noted with the Good Choice sticker)
- Flyers
- Table tents will give tips and test your snacking knowledge
- Posters with Good Choice information



Resources for Healthy Snacks

- www.kidsacookin.com
- http://www.fruitsandveggiesmorematters.org
- http://www.nationaldairycouncil.org
- http://www.adph.org/nutrition
 - Click on vending machines







Make a good choice.

Look for the Good Choice symbol when choosing a healthy snack.

For more information, go to **www.adph.org/nutrition** and click on vending machines.



Questions?

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