

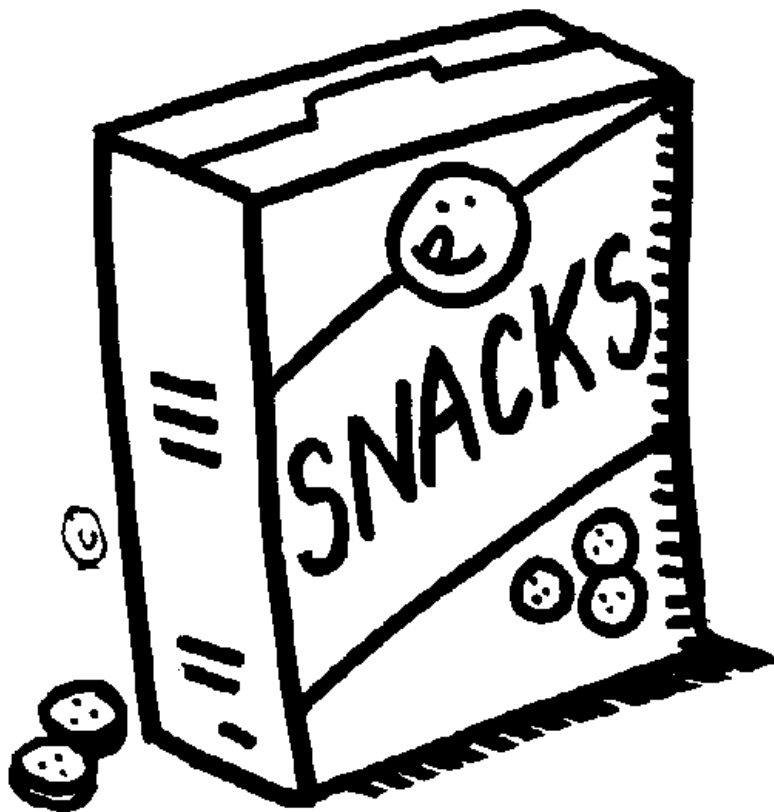
What Will You Pick? Make a Good Choice!

Teresa Fair, MA, RD, LD
Alabama Department of Public Health
Nutrition & Physical Activity Division

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 ≠ 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 between-meal 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.



Nutrition Facts

Serving Size 1 bar (35g)			
Servings Per Container 1			
Amount Per Serving			
Calories 140		Calories from Fat 25	
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 0.5g			3%
Cholesterol 0mg			0%
Sodium 110mg			5%
Total Carbohydrate 27g			9%
Dietary Fiber 1g			4%
Sugars 9g			
Protein 2g			
Vitamin A 15%		Vitamin C 0%	
Calcium 20%		Iron 10%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: rolled whole oats, crisp rice [rice, sugar, salt, high fructose corn syrup, malt flavoring], high fructose corn syrup, brown sugar, rolled whole wheat, raisins, cottonseed oil, corn syrup, high fructose corn syrup, sugar, fructose, corn 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.

LOOK FOR THESE LIMITS

ONLY one serving

10% or less
Daily Value of total fat

360 mg sodium or less

10% or less Daily Value of
total carbohydrate

5% or more Daily Value of at
least one: fiber, vitamin A,
vitamin C, calcium or iron

- Nuts and seeds are OK even though they are high in fat. They contain more unsaturated fat which may help lower "bad" cholesterol.

- 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.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**
 Saturated Fat 2g **10%**
 Polyunsaturated Fat 5g
 Monounsaturated Fat 3g
 Trans Fat 0g

Cholesterol less than 5mg **2%**

Sodium 290mg **12%**

Potassium 100mg **3%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **9%**

Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 2%

Vitamin E 8% • Thiamin 2%

Riboflavin 6% • Vitamin B₆ 4%

Phosphorus 10% • Magnesium 6%

Zinc 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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 Facts	
Serving Size	1 Pastry (52g)
Amount Per Serving	
Calories 200	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 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 38g	13%
Dietary Fiber less than 1g	2%
Sugars 17g	
Protein 2g	
Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%	
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B ₆ 10%	
Folic Acid 10%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 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?



Ingredients: Dehydrated Potatoes, Corn Oil, Modified Food Starch, Sugar, Nonfat Milk, Salt, Dextrose, Soy Lecithin, Cultured Nonfat Milk, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Whey, Onion Powder, Sour Cream (Cultured Cream, Nonfat Milk), Natural Flavors, Parsley, Citric Acid, and Autolyzed Yeast Extract.

CONTAINS MILK AND SOY INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **7%**

Sugars 3g

Protein 2g

Vitamin A 0% • Vitamin C 4%

Calcium 4% • Iron 0%

Thiamin 4% • Riboflavin 4%

Niacin 4% • Vitamin B₆ 8%

Phosphorus 8% • Magnesium 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • 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



What will you pick?



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?

Teresa B. Fair, MA, RD, LD
teresa.fair@adph.state.al.us
334-206-7941