



## **BEAT THE SNACK ATTACK BY MAKING THE RIGHT CHOICES -- Tips to Smart Snacking --**

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Almost everyone has experienced a snack attack – whether at home, at work, or simply on the go. You're not alone. According to a recent Harris Interactive survey, 93% of Americans face a snack attack at least once a day. Whether it's the mid-morning grumble or the 3 o'clock slump, a snack attack is that moment when a person craves a little nibble and an extra boost of energy.

If you're constantly on the go, it may feel like there's no time for healthy eating. And, when you do stop to eat, it's probably tempting to go the quick and easy route by grabbing something that may not be healthy. Americans are bombarded with so-called "healthy" snacking solutions -- it can be overwhelming and confusing to make a smart snacking choice. However, it is possible to treat yourself to a healthy snack.

In fact if you have a hectic schedule, it's even more important to eat healthy foods that give you the fuel you need to keep going. Snacking on nutritious food can keep your energy level high and your mind alert without taking up a lot of your time. Snacks are a terrific way to satisfy that hunger and get all the vitamins and nutrients your body needs. As with everything, moderation is the key to smart snacking.

As families across the country get ready to head back to school and employees get back to their hectic post-summer schedules, below are a few healthy snacking tips.

### *Smart Snacking Tips:*

- **Combine a carbohydrate with a protein.** For the perfect pick-me-up, try hard-boiled eggs with a bread roll or low-fat cheese with low-fat whole wheat crackers – or bananas and peanut butter on one half of an English muffin. High-fiber foods paired with protein will help keep you and the kids satisfied throughout the day.
- **Keep prepared snacks on hand.** It is important to have nutritious snacks on hand to outsmart a snack attack. No time to pick up fresh fruits? Pack 1/2 cup of assorted mixed nuts, pretzels, cheese or animal crackers and dried fruits in plastic baggies and always keep them handy. Or, cut a full-size sandwich into squares for a quick bite at work.
- **Eat assorted fruits, vegetables and grains.** Smart snacking habits are based on eating simple, nutritious foods like sandwiches, toast, cereal, pretzels, crackers, carrots with fat free ranch dressing, strawberries, watermelon, mangoes, pears or any fruit of your choice with cottage cheese or yogurt.

## **Smart Snacking Recipes**

### **Parmesan-Toasted Trail Mix**

3 cups whole grain O-shaped cereal  
1 1/2 cups small pretzels  
1 cup cheese crackers or animal crackers  
2/3 cup blanched almonds  
2 tablespoons vegetable oil (such as canola)  
1/4 cup grated parmesan cheese

Preheat oven to 375°.

Combine all ingredients in a large bowl and toss to coat. Spread mixture out on a baking sheet, in an even layer. Bake 8 to 10 minutes, until lightly toasted.

Serves 6-8

### **Honey Ham Wraps with Swiss**

Adapted from “Quick Fix Meals.” These wraps also make great sandwiches if you prefer to leave the bread thick and not rolled out. To jazz up the sandwich and make it more of a complete meal, add thinly sliced pears and watercress.

4 slices white or whole grain bread  
2 tablespoons honey  
4-6 ounces thinly sliced smoked or baked ham  
4 ounces thinly sliced Swiss cheese

Arrange bread slices on a flat surface and, using a rolling pin, roll out until 1/8-inch thick. Spread honey on one side of bread slice and top with ham and Swiss. Roll up and serve or refrigerate until ready to serve.

Serves 4

***Developed by the Food Network’s Robin Miller, of “Quick Fix Meals,” on behalf of the Grain Foods Foundation***

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