What Will You Pick? Make a Good Choice!

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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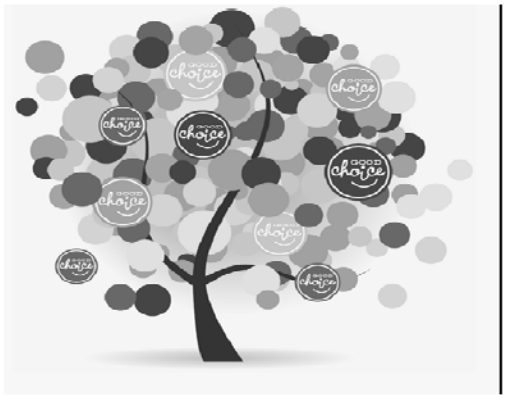
Why Do You Pick the Things You Do?

- 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 are a great plan for most
  - Listen to your body
  - Let your body and lifestyle dictate the best times for you to snack

Snacks

- 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

Why Choose Healthy Snacks?

- 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
  - 33% obese (2012)
  - 32% obese (2011)
  - 33% obese (2010)
  - 31% obese (2009)

Why Choose Healthy Snacks?

- 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

How to Choose Healthy Snacks

  - 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

Additional Snack Ideas

- 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*
  - * See exception

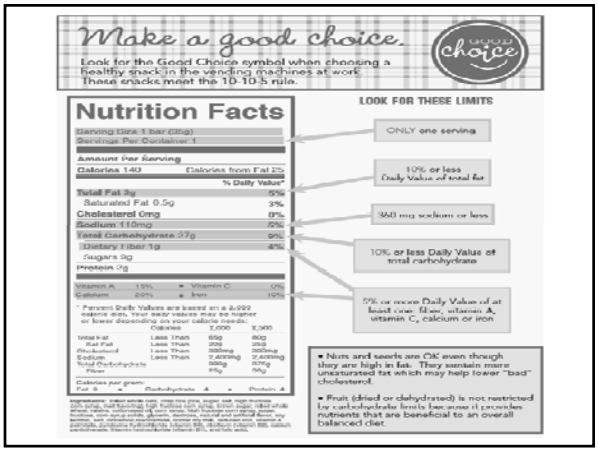
How to Choose a Healthy Snack

- 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

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



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?

Was That a Good Choice?

- Total fat 15%
- Total carbohydrate 5%
- Dietary Fiber 9%
- Sodium 290 mg

Was That a Good Choice?

- 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
Mono-unsaturated 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

Was That a Good Choice?

- 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 B_6 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
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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

Was That a Good Choice?

- 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

Healthy Vending Machine Program

- 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

Healthy Vending Machine Program

- Flyers
- Table tents will give tips and test your snacking knowledge
- Posters with Good Choice information

Resources for Healthy Snacks

www.kidsacookin.com

www.fruitsandveggiesmorematters.org

www.nationaldairycouncil.org

www.adph.org/nutrition

Click on Vending Machines

Questions?

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