Nutrition News

Department of Human Nutrition



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Tempted to buy 100-calorie snack packs? Yes, they are convenient and offer a limited amount of food. No, they are not very cost-effective and labels may be misleading.

One snack box promotes "100 healthy calories or less per ounce," but each single-serve box contains 1½ ounces and 130 calories. Now MyPyramid offers an easy solution.

With a little effort and number crunching, you can save money and packaging by filling 100-calorie snack-bags at home. **Myfoodapedia** provides quick access to food information, food groups, calories and comparisons to make your job easier.

MyFoodapedia

MyPyramid.gov recently introduced this tool on their website.

A quick search of an individual food reveals calories and MyPyramid food groups for a food or compares two foods. Enter "banana" and search to find one medium banana 7-8" long and the numbers reveal 105 total calories and 34 cup fruit in the Fruit Group. Or use the site to compare calories for a banana and an apple.



Looking for 100-calorie snacks to pack? Six, 100% whole wheat crackers or 8 square saltine crackers fill the bill. Four large marshmallows, 9 animal crackers, 2 chocolate chip cookies (2"-across) or a 1½ cubic-inch of cheddar cheese each meet your 100-calorie snack needs also.

Myfoodapedia also has data for comparison of foods eaten in fast-food restaurants. Type in hamburger and check off your toppings for total calories.

This new reference tool takes the guesswork out of calorie counting and food group placement. Check it out at www.myfoodapedia.gov.

For more information about healthy eating, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet.

To find out more, call toll-free 1-888-369-4777.

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