

# We Know...

## Health and Nutrition



### Choose snacks that contribute to health

Snacks boost energy between meals but are best when they've been planned to supplement meals, rather than compete with them.

Here are some tips for snacks:

- Plan snacks; vary choices.
- Read labels and measure portions.
- Hold snacks one hour before meals.
- Match a snack to the activity level. Active children and adults might benefit from the added calories of whole-grain crackers with peanut butter and fruit, rather than a single serving of fruit.
- Add variety with seasonal fruits and vegetables. Make them easy to select by washing, cutting and storing in a covered container in the refrigerator.
- Consider leftover vegetables, pasta salad, or a slice of meatloaf or turkey as a healthy snack.
- Choose beverages that offer health benefits. For example, consider milk or 100 percent fruit or vegetable juices.
- Trim costs of nonperishable foods (dried fruit, nuts or whole-grain crackers) by buying in bulk, then repacking in single servings.
- Take a snack break. Avoid eating on the run out of a box or bag.
- To make healthy choices quickly and readily available, designate a cupboard shelf for nonperishables, and a place in the refrigerator for perishable snacks.

## Choose foods that can help prevent disease

Whole grains, fruits and vegetables contain health-promoting vitamins, minerals, plant-based phytochemicals, fiber and antioxidants that reduce damage in cells. Such foods can lower the risk of heart disease and stroke, type 2 diabetes and some cancers (stomach and colon-rectum, for example). They also protect the immune system, help maintain brain power, and even help keep skin from wrinkling.

Fruits and vegetables are naturally low in calories, yet high in fiber and helpful in managing weight. For more information about the healthful balance of food and activity, visit [www.mypyramid.gov](http://www.mypyramid.gov).



For more information on health and nutrition, contact your local K-State Research and Extension office or visit us online at [www.oznet.ksu.edu/WeKnow](http://www.oznet.ksu.edu/WeKnow)



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