

# SMART SNACKS

**Target Audience:**

Upper Elementary School Children  
Middle School/Jr. High School Children  
High School Teenagers  
Pregnant Teenagers  
Adults  
Seniors

**Objectives:**

- Eat regular meals and snacks to avoid overeating later
- Choose snacks with less salt, like veggies and fruits, cereal and unsalted popcorn.
- Eat less food that is high in sugar, like candy, chocolate bars, cookies, doughnuts and other baked goods.

## SMART SNACKS

### **Lesson Creator(s):**

Mary Dworak, Judy Klavens-Giunta, Debra Palmer Keenan

### **Purpose:**

The purpose of this lesson is to learn how to eat healthy low-cost snacks from vending machines, convenience stores or at home.

### **What the Nutrition Educator Needs to Know So That Participants' Questions Can Be Answered:**

A treat is a special food or drink that you eat now and then that may be high in added sugar and solid fat and not so healthy. It is a sometimes food. A snack is a “small amount of food eaten between meals.”<sup>1</sup> A snack is a good way to add foods each day from the MyPlate food groups that have health benefits like veggies, fruits and whole grains.

Eating healthy snacks is a great way to:<sup>2</sup>

- Make sure you get all the foods from each food group that you need to meet your MyPlate goals for the day.
- Keep from getting too hungry through the day. Being too hungry can cause you to eat more at meal times.
- Keep your blood sugar levels more stable if you have blood sugar problems.
- Increase foods with health benefits like foods from the veggie, fruit, whole grains and dairy group.

Snacking can be healthy but too much snacking or snacking with not so healthy food is not the best thing. Here are some reasons:<sup>3</sup>

- Eating too many snacks instead of meals can mean that you are eating more calories than you can use and you gain weight
- Snacks can have too much solid fat and added sugar
- Snacks high in solid fats and added sugar can have too many calories
- Most of the calories in snacks high in solid fats and added sugar are empty calories and replace more important nutrients like vitamins and minerals in your diet

Cutting back on solid fat and added sugar is a good way to stay healthy and fit and not add too many calories to your diet. Solid fat is also called saturated fat. Most processed foods are high in solid fat and added sugar. We call these SoFAS. When you eat less processed foods you can cut back on SoFAS. When you chose your snack foods it is best to choose

less processed forms of foods that you eat. Chose healthy snack foods like:

- whole and cut up veggies and fruits with or without low fat dips
- raisins or craisins
- a half of your favorite sandwich with lettuce, tomato and other veggies
- low-fat yogurt
- a small portion of your favorite leftover like pizza
- a hardboiled egg
- low fat cheese stick
- healthy trail mix made of small amounts of nuts and seeds, raisins
- your favorite low sugar whole grain cereal

Yes cereal. Many people grab snacks when they are away from home and do not have time or cannot find a place to have a meal. Bringing along a homemade trail mix made with your favorite cereal and added seeds, nuts and raisins or other dried fruit (refer to *Happy Trails to You* for more information) can be a great way to have a healthy snack on the go.

If people do not think ahead and bring their snacks from home they often can get their snacks from vending machines, convenience stores or small food stores. We are going to talk about all the kinds of snacks that you find in vending machines and small food stores.

Vending Machine Snacks can be things like:

- Cookies, snack cakes and fruit pies
- Granola bars
- Candy Bars and other candy
- Gummy Bears® and other fruit flavored candy
- Corn Chips and tortilla chips and other kinds of chips
- Cheetos® or other cheese flavored puffs
- Breakfast buns, cakes and muffins
- Baked Chips
- Baked cheese crackers
- Nuts and Seeds
- Pretzels
- Popcorn
- Cheese and cracker snack packs

Many of these snacks are processed and are high in SoFAS, solid fat and added sugar. They can also be high in sodium.

**Vending Machine Snacks that can be high in SoFAS are:**

**Cookies, cakes and fruit pies:** Many are filled with a sugary cream or sweet fillings. They

are high in added sugar and solid fat which can be trans fats that is not healthy at all. Read the label to find out how much.

**Granola bars:** Granola bars can be made from oats, fruit, nuts and seeds. These foods can be healthy, but granola bars are not always a good choice. They can have a lot of solid fat and added sugar. They can be a high calorie food. Read the label to see how much saturated fat, sugar and calories are in each bar.

**Candy bars and other candy:** Most candy can add a lot of empty calories from either added sugar or solid fat or both. This is very true for candy bars. You get calories but not a lot of nutrients.

**Fruit Gummy Bears® and other fruit flavored candy:** Gummy Bears and other candies that have names like Black Cherry Gummy Bears® can be very high in added sugar. They may have fruit flavor but no or very little real fruit. This kind of candy is high in added sugar.

**Chips and Cheetos®:** Most chips and cheese puff types of foods are high in solid fat and sodium. Look for baked versions that are lower in fat.

**Breakfast buns, cakes and muffins:** These breakfast foods are not recommended as snacks. They are processed foods that are usually pretty high in solid fat and added sugar and are not a healthy choice. They are not the best choice for breakfast either.

### **Vending machine snacks that may be lower in SoFAS:**

**Baked Chips:** Most baked chips can be more healthy choice. They can still be high in sodium so check the label if you need to watch how much sodium you have each day. You can eat baked chips with salsa for a low-fat snack. Baked pita chips are a good snack with a healthy dip like hummus. They are a great on the go snack. Baked chips are not always easy to find in vending machines.

**Baked Cheese Crackers:** Baked cheese crackers like Goldfish® can be another option to eat in place of high fat and high sodium chips. They are usually low in fat and not that high in sodium. Check the label.

**Nuts and seeds:** Nuts and seeds can be a good way to get protein and healthy fat called oil.<sup>4</sup> They may be a better snack to eat than a candy bar when you are missing a meal. They are good for you but since they are high in healthy oils they can have a lot of calories so only eat small amounts. Eat a handful at a time. A handful is usually just right. Also read the label on the package because they can be high in sodium if they are salted.

**Pretzels:** Most pretzels are low in fat but like chips they can be high in sodium.<sup>3</sup> If you

are on a low salt diet you need to read the label to be sure there is not too much sodium.

**Popcorn:** This can also be a healthy snack if it is low-sodium and does not have added fat. Read the label on the package.

**Crackers and cheese dip:** This can be a good option but sometimes crackers and cheese dip can be high in sodium. If sodium is something you need less of you need to check the label on this snack. Some are lower in sodium and fat than others.

Convenience stores like 7-11™, Wawa™, Quick Check™, or your local small bodega, mom and pop deli or food store are another place many people get their snacks. These small stores can have many of the same snack foods that you find in vending machines that are high in SoFAS and sodium. But more and more they have foods that have more health benefits. Here are some of those more healthy snacks you can find at these stores:

- Cut up veggies or fruit
- Whole fruit
- Raisins and craisins or small amounts of other dried fruit
- Snack size veggies and dip
- Snack size hummus and pretzels
- Nuts and seeds
- Yogurt
- Low-fat string cheese
- Individual servings of soups
- Baked chips
- Pretzels
- Popcorn
- Trail mix
- Individual servings of cereal

**Convenience store or small food store snacks that are lower in SoFAS:**

**Vegetables:** Veggies have a lot of things that are good for your health. Sometimes we do not get enough veggies each day. You can eat veggies for a healthy snack. Baby carrots and celery sticks or broccoli pieces all make easy snacks to take with you. Use with non-fat salad dressing as a tasty dip.

**Fruit, raisins and other dried fruit:** Fruit also has many things that are good for your health. Fresh or dried fruit like raisins or craisins have vitamins, minerals, and fiber. Raisins and other dried fruit can be high in sugar from the fruit because they are dried and concentrated but it is not added sugar. If you choose raisins or other dried fruit, only eat small amounts since with the concentrated sugar they can have a lot of calories.

**Dips:** Dips can be made from many things. Sometimes they are made from yogurt and

can be a good way to get some extra dairy. Sometimes they are made from sour cream and can be high in solid fat so this is not the best choice. Eating your dip with cut up veggies can make this a healthy snack. Check the label on the package to be sure the dip you choose is not high in SoFAS.

**Hummus:** Hummus is a healthy snack made from chick peas and sesame seeds that comes from the Middle East. It is a great dip to use with baked chips or cut up veggies.

**Nuts and Seeds:** See description under vending machine snacks above.

**Yogurt:** Yogurt is a great and tasty on the go snack that can help you get the dairy you need each day. This is a good way for teens to get extra calcium. Low-fat is best.

**Low-fat string cheese:** Low-fat String cheese can be another great on the go snack that gives you calcium. They are most often low in sodium and solid or saturated fat. Look for packages that say “light” or “low fat.”

**Soup:** Soup can be a good, filling snack especially on a cold day. Convenience stores often sell small individual containers of soup. But do not forget, they can be very high in sodium. Check the label and look for low-sodium soups.

**Baked chips:** See the section on chips under vending machine snacks.

**Pretzels:** See the section on pretzels under vending machine snacks.

**Popcorn:** See the section on popcorn under vending machine snacks.

**Trail Mix:** Trail mix can be a great and filling snack. But remember trail mix can have a lot of calories if most of it is nuts or seeds. Read the label and be sure you eat high calorie trail mix in small amounts.

**Cereals:** Cereals that are fortified with vitamins and minerals can be a great snack not just a breakfast food. Cereals are even better for you if they are made from whole grains and are low in sugar. Many small food stores sell individual servings of cereals.

**Note to educator:** It is important to remind participants that if they have been told to eat less salt, that they should pay attention to how much sodium is on the nutrition facts label<sup>5</sup>. This also true for anyone who has to watch how much sugar they eat. Checking the label is always a good idea.

### **Snacks to bring from home when you are on the go:**

Almost anything you can pack in a plastic storage bag or small container can be a snack you bring from home. There are a lot of snack foods we talked about above that you can pack up to take with you from home if you are on the go.

You can make your own trail mix. Use your favorite cereal and add nuts, seeds and dried fruit. This is easy to make and easy to take with you. Buy cereals on sale. This is a good way to get a low cost snack. Buy fruit when you shop at your supermarket or other food stores and bring it along to use as a snack. When you buy fruit in season it can cost less than a vending machine snack.

Snacks you can pack and bring from home are:

- Whole and cut up veggies and fruits
- Healthy trail mix made with cereal and small amounts of nuts and seeds, raisins,
- Your favorite low sugar whole grain cereal
- Yogurt
- Low-fat cheese sticks
- Hard boiled eggs
- Bag of baked chips
- Pretzels
- Popcorn

There is one more thing to remember. A lot of people drink sweetened beverages or soda during the day or with their snacks. Sweetened beverages are things like flavored teas such as Lipton Brisk®, Arizona® Flavored Iced Tea, fruit cocktails, fruitades and soda. These kinds of sweetened drinks have a lot of added sugar and are not as healthy as non-sweetened or lightly sweetened versions. 100% juice as a drink can be a good way to add fruit and veggies to your day. But remember, fruit juice has a lot of sugar so do not drink too much. Veggie juice like tomato juice is a great choice too, but it can be very high in sodium so check the label and look for low sodium on the label. Drinking low-fat milk, water or flavored water with no sugar added can be much better for you.

When you choose a snack, it is a good idea to think about what MyPlate says is the right amount from each food group is right for you each day. You can go to: <http://www.choosemyplate.gov/myplate/index.aspx> and enter your height, weight, gender and how active you are and MyPlate will tell you what how much food from each food group is right for you. You can use snacks to get foods from food groups you might miss at meals like veggies, fruits, whole grains and dairy.

Remember, read labels and try and choose a snack that is low in solid fat, added sugar, and sodium. Try to choose foods that are closer to natural state and not so processed.

### **SNACKING FOR TEENS**

In the last 30 years, there has been an increase of almost 21% of young people aged 12–19 years who are obese. In fact, studies are finding that teens have a large increase in risk factors that can lead to adult chronic diseases like diabetes, heart disease and some cancers.<sup>6</sup> The way you learn to eat as a child and in your teens can be the way you will eat

as an adult. If you have bad eating habits and are overweight or obese as a child it is likely you will be the same as an adult.<sup>6</sup> If kids start eating healthy and being active at an early age they are more likely to be healthy as adults.<sup>6</sup>

Getting enough calcium is also very important for growing teens. However a large government study in 2006 said that only 42% of boys and 10% of girls get the calcium they need in their diet.<sup>7</sup> The teen years are the most important time for bone health. In fact you build almost half of your adult bone mass during the teen years.<sup>8</sup> The bone mass children and teens build is key in making sure they have healthy bones for life and are at less risk for osteoporosis when they are adults. This is especially true for teen girls. Osteoporosis is when bones become fragile and break easily. If they get the calcium they need as teens they will have strong bones as they age. “The more they can put away when they’re young, the longer it should last as they get older.”<sup>9</sup>

Eating a healthy snack that has calcium is a good way to add calcium to what they eat each day. Eating snacks that are low in solid fat and added sugar can make it easier to have a healthy weight. They can also be a good source of calcium to help teens build the bone mass they need to be healthy as adults.

Eating healthy snacks are a great way to:

- Keep from getting too hungry during the day. If you are hungry you may eat more at meal time.
- Keep your blood sugar levels more stable if you have blood sugar problems.
- Help you to eat more veggies and fruits for the day.
- Add calcium to your diet to help build bone mass
- And most importantly, give you a way to have a **healthy breakfast or a snack on the run.**

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### **Additional Reading:**

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Healthy Snacking. American Heart Association. Accessed February 24, 2015: <http://www.cdc.gov/bam/nutrition/cool-treats-dips.html>

Planning for Snacks. Home and Garden Information Center. Clemson Cooperative Extension. Accessed February 24, 2015: [http://www.clemson.edu/extension/hgic/food/nutrition/food\\_shop\\_prep/menu\\_planning/hgic4203.html](http://www.clemson.edu/extension/hgic/food/nutrition/food_shop_prep/menu_planning/hgic4203.html)

# SMART SNACKS

## Main Themes:

Nutrition & Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

## Materials Needed:

Smart Snacks Quiz questions and answers on yellow index cards.

Smart Snacks Quiz

Smart Snacks Quiz Questions and Answers for the Educator

A package of about 50 green index cards.

Pencils for everyone.

Healthy snack for participants from the “Snacks” quiz or  
cut up veggies and fruits for the class

## Time the Activity is Expected to Take:

Activity 1: 5-10 minutes

Activity 2: 20-30 minutes

Activity 3: 10-15 minutes

Next Week's Goals: 5 minutes

# SMART SNACKS

## Lesson Plan:

### Activity 1: "Snack Time" (10 minutes)

1. Ask the participants the following questions to start participants thinking about their own snacking habits:

- \_\_\_ What are your favorite snacks?
- \_\_\_ When do you eat them? (middle of the day, bedtime)
- \_\_\_ How often do you eat them?
- \_\_\_ Why do you eat them?
- \_\_\_ Do you buy snacks from vending machines? If not where do you get them?
- \_\_\_ What things do you most often select when you buy a snack from a vending machine?
- \_\_\_ Are the snacks you choose healthy or not so healthy?
- \_\_\_ What is the most expensive snack you buy?
- \_\_\_ What is the least expensive snack you buy?

**WHEN WORKING WITH TEENS TO CREATE SNACKS LOW IN SOLID FAT AND ADDED SUGAR THAT CAN ADD CALCIUM TO THEIR DIET: Use the following Activity 1 and then continue with Activity 2 below.**

### Activity 1: "Snacking the Healthy Way" (15 minutes)

1. Introduce the topic by asking the group to share some of the snacks that they enjoy.
2. Ask if they think that snacks can be healthy.
3. Ask why they think snacking can be healthy. Answers should include:
  - *Helps keep you from getting too hungry during the day. Being too hungry can cause you to eat more at meal times.*
  - *Gives you an extra boost of energy.*
  - *Helps you to get more of the nutrients you need each day especially calcium to help you build strong bones.*
  - *Helps you to get more veggies, fruits and whole grains you need each day.*
  - *Can be good for eating on the run if you don't have time for breakfast or other meals during the day.*

**Make sure you mention the third and last bullet points if they do not.**

4. Ask the class if they know if there is anything that can make a snack not so healthy. Answers should include:

- *Snacks can have too much solid fat and added sugar.*

7. Ask the group to briefly describe why it is a good idea to eat foods with less solid fat and added sugar. Be sure they mention:

- *Snacks high in solid fats and added sugar can have too many empty calories.*
- *Too many empty calories can make you gain weight.*
- *Empty calories can replace important nutrients in your diet.*
- *Foods high in solid fat and added sugar can cause weight gain*
- *Empty calories can replace important nutrients in your diet.*
- *Gaining too much weight can cause obesity.*
- *Obesity is linked to increased risk of diseases such as heart disease and diabetes as teens get older. **Note to Educator:** This is important to emphasize.*

*You can share additional facts from the teen's section of the background information.*

8. Ask the group to come up with some ideas for ways to cut back on the solid fat and added sugar they eat. Be sure they mention:

- *Read labels to find foods lower in solid fat and added sugar.*
- *Chose food lower in solid fat and added sugar like baked chips and crackers, pretzels, popcorn, etc.*
- *Eat less processed foods.*
- *Eat more veggies and fruits for snacks.*
- *Choose low fat dairy products like yogurt, milk and cheese*
- *Eat pizza with vegetable toppings instead of things higher in fat*
- *Eat less fried foods*
- *Use less fatty toppings like mayonnaise and sour cream or use low fat versions.*

9. Ask the group if they think food with calcium is important for them to have each day.

*Answer: Yes.*

10. Ask them why it might be important for teens. Answers should include:

- *You need calcium to build strong bones*
  - *The teen years are the most important time to build bone mass.*
  - *Almost half your adult bone mass is built during your teen years.*
  - *The best possible bone mass is important as you age. It can help prevent osteoporosis which is a disease where your bones become fragile and break more easily. This is especially important for girls.*
11. Have the group name some cereals they enjoy eating and ask them if they have ever thought about including cereal in a snack.
  12. Share with them that many cereals can be a low solid fat and a good energy source low in added sugar. They can also have calcium added to them. However, tell them some cereals may be higher in added sugar. Tell them that there may be a few that are high in fat like Granolas and Cracklin' Oat Bran®. To be sure how much solid fat, added sugar and calcium is in the cereal they eat they need to check the nutrition label on the package. It is recommended that that a cereal have at least 10% DV for calcium.

### **Activity 2: Game "Name the Snack" (30 – 35 minutes)**

Place each question and answer from the SMART SNACKS QUIZ CARDS on one side of a yellow index card. (Do this before the class.) Please note that there is a **Smart Snacks Quiz – Answer Sheet with info and facts for Educators Use Only** that you can use if you wish to share more information about each answer with the class.

1. Form at least three groups if you can. Groups may be three people or fewer. Have each group give itself a name and write the names of the groups on the chalkboard. Give each group at least fifteen green blank index cards which they will use to write answers to the quiz. See number 5 below for another way for participants to share answers to the quiz.
2. Distribute the questions and answers on the yellow cards to the groups. Tell them not to look at them yet. They can keep them turned over until the cards are needed. Make sure the questions are divided up evenly among the groups.
3. Before starting the game let your groups know how they will be scored. See number 6. Be sure to let them know that if they shout out an answer without being called on, they will not get any points.
4. Each group individually takes turns asking the other groups questions from their yellow cards. If another group knows the answer, they can write it on the green index card and hold up the card. If you have a small enough group or you prefer not to use cards, you can have the participants answer the questions by holding up their hand when they know the right answer. They can then state the answer once they

are called on by the team asking the questions.

5. The group that is asking questions watches to see which group holds up a green card or raises their hand first and calls on that group to share their answer. That group will get the points if they have the right answer. They will lose points if they give the wrong answer. If they get the answer wrong and another team thinks they have the right answer you can call on the second team. If no one gets the question right, share the correct answer with the class. Remind everyone if they call out without being chosen they will not get any points even if they have the right answer. You can point out that if they have the right answer and they call it out without been chosen, it will give another team a chance to use their answer and get points.
6. Keep score on the chalkboard. Points are awarded as follows:
  - Ten points (10) are given for a correct answer.
  - Minus two (-2) points are taken for a wrong answer.
  - No points (0) for shouting out the answer without permission.
7. Add up the score, declare a winner. You can provide one of the healthy snacks that is mentioned on the” Smart Snacks Quiz Questions and Answers “as the prize or give snacks to everyone in the class. In place of a quiz snack, you can bring cut up veggies and fruits to give out.

### Activity 3: "Snack Surprises" (10 minutes)

1. Pass out the “Smart Snacks Quiz Questions and Answers” page listing all the questions and answers.
2. Discuss the questions and answers. **Note to the Educator:** There is an educator handout with talking points and information about each snack in the quiz which you can use during Activity 2 or during this activity.

\_\_\_What is surprising about the questions and answers?

\_\_\_What changes will the participants make to their snack habits?

\_\_\_Do the participants think they can find snacks to enjoy for less money?

\_\_\_Will they use vending machines as often as before?

\_\_\_Will they choose lower fat snacks?

Thank the class for participating and let them know you are going to take few minutes to wrap up the class.

## Next Week's Goals (5 minutes)

1. Ask the participants to name one thing that they learned in today's class. Make sure that each learning objective is mentioned, and if not, be sure to re-state that objective. Ask them to choose a related goal to work on during the week. Let them know that they will be sharing their personal experiences during the next class.
2. Invite comments, suggestions, or questions.
3. Thank the participants for coming and tell them what the class will be about in the next lesson.

## For the Teacher: "What makes this lesson behaviorally focused?"

- Through discussion participants voice their snacking behaviors and identify snacks they usually eat.
- When playing the game the participants are lead to see that their behavior may add fat to their bodies. For example potato chips add 16 pounds of fat to the body.
- The participants are asked to make a change to their snacking habits.
- Participants taste healthy snacks.



**NJ SNAP - Ed**  
NJ Supplemental Nutrition Assistance Program-Education  
USDA, Food and Nutrition Service



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## SMART SNACKS QUIZ CARDS

1) What is a puffy white low fat snack you can make at home or buy at the movies? <b><u>Popcorn</u></b>	2) What is a fruity, chewy snack with fruit flavors that is high in added sugar? <b><u>Gummy Bears® or other fruity chewy candy – which do not have much if any fruit</u></b>
3) What is a creamy, sweet, low-fat dairy food that sometimes comes with fruit? <b><u>Yogurt</u></b>	4) What is a snack that can be high in fat and salt and made from potatoes? <b><u>Potato Chips</u></b>
5) What snack made from cereal, nuts and seeds can you make at home or buy at the store? <b><u>Trail Mix</u></b>	6) What snack bar made with oats, fruits and seeds can be high in solid fat and added sugar? <b><u>Granola Bar</u></b>
7) What is a sweet and juicy snack high in fiber, vitamins and minerals? <b><u>Fruit</u></b>	8) What is a small, sweet, round sometimes food that you often have with a glass of low-fat milk? <b><u>Cookies</u></b>
9) What is a healthy colorful snack high in vitamins, minerals and fiber that you can eat plain or with dip? <b><u>Veggies</u></b>	10) What is a creamy, tan dip from the Middle East that is great with crackers, pretzels, chips or veggies? <b><u>Hummus</u></b>
11) What snack chips, not from potatoes, are high in solid fat and salt? <b><u>Tortilla Chips, Taco Chips, Corn chips</u></b>	12) What is a baked, small, orange, crunchy cracker that comes in shapes and is good in place of chips? <b><u>Baked cheese crackers like Goldfish®</u></b>
13) What small, brown, wrinkled snack full of fiber, vitamins and minerals can come in a small box? <b><u>Raisins</u></b>	14) What salty, low-fat snack with calcium and protein can be pulled into strings to eat? <b><u>String Cheese</u></b>

15) Which snacks in this quiz are healthy, easy to carry and take with you?

*Note to educator: Be sure that the following snacks are mentioned. . Some answers might include:*

- **Homemade or store bought trail mix**
- **Whole and cut up veggies and dip**
- **Fruit**
- **Low sugar whole grain cereal in a snack bag**
- **Yogurt**
- **Low-fat cheese sticks**
- **Bag of baked chips**
- **Pretzels**
- **Popcorn**
- **Raisins**
- **Yogurt**

**Hard boiled eggs are also an easy to pack-great between meal snack**

# Smart Snacks Quiz – Answer Sheet with info and facts for Educators Use Only

## **This is not the handout to be used in class**

- 1) What is a puffy white low fat snack you can make at home or buy at the movies?

### **Popcorn**

*Info: If you buy this snack at a convenience store, be sure to check the label for popcorn that is low in fat and sodium*

- 2) What is a fruity, chewy snack with fruit flavors that is high in added sugar?

### **Gummy Bears® or other fruity chewy candy – which do not have much if any fruit**

*Info: This kind of candy which may have fruit in its name like Cherry Gummy Bears® may be flavored with fruit but does not have any fruit or fruit juice.*

- 3) What is a creamy, sweet, low-fat dairy food that sometimes comes with fruit?

### **Yogurt**

*Info: Yogurt is a great way for everyone, including teens to get some calcium. It is a healthy, filling snack with some protein that has low or no fat and not too much sugar. It comes in individual servings so it is a great on the go snack.*

- 4) What is a snack that can be high in fat and salt and made from potatoes? **Potato Chips**

*Info: Most potato chips are high in solid fat and sodium. Look for baked or low fat versions that have less sodium for a healthier snack.*

- 5) What snack made from cereal, nuts and seeds can you make at home or buy at the store?

### **Trail Mix**

*Info: Serving size is important. This snack can be high in healthy fat if it has a lot of seeds and nuts and not a lot of cereal. It can have a lot of calories so how much you eat matters. If you buy your trail mix from a vending machine or convenience store check the label to be sure it is not high in sugar.*

- 6) What snack bar made with oats, fruits and seeds can be high in solid fat and added sugar?

### **Granola Bar**

*Info: Granola bars are made from healthy foods but a lot of the time they have a lot of added solid fat and sugar so check the label.*

- 7) What is a sweet and juicy snack high in fiber, vitamins and minerals?

### **Fruit**

*Info: Fruit is great to have in place of candy. It can satisfy a sweet tooth and it has all kinds of health benefits that candy does not.*

- 8) What is a small, sweet, round sometimes food that you often have with a glass of low-fat milk?

### **Cookies**

*Info: Cookies usually have a lot of unhealthy fat and can be high in added sugar. They are a sometimes food for a special treat now and then.*

- 9) What is a healthy colorful snack high in vitamins, minerals and fiber that you can eat plain or with dip?

### **Veggies**

*Info: Just like fruit, cut up veggies can be a great on the go snack with a lot of health benefits. Snacking on cut up veggies is a good way to get more veggies in your diet and meet your MyPlate goals each day. Combine with a dip or dressing for added flavor.*

10) What is a creamy, tan dip from the Middle East that is great with crackers, pretzels, chips or veggies?

**Hummus**

*Info: Hummus is made from chick peas, also called garbanzo beans and tahini which is a paste made from sesame seeds. It has protein, fiber and healthy oils. It is a great on the go snack and comes in individual serving size packages.*

11) What snack chips, not from potatoes, are high in solid fat and salt?

**Tortilla Chips, Taco Chips, Corn chips.**

*Info: Most chips like these are high in solid fat and sodium. They are also sometimes foods. Look for baked versions that are lower in fat and sodium.*

12) What is a baked, small, orange, crunchy cracker that come in shapes and is good in place of chips?

**Baked cheese crackers like Goldfish®**

*Info: Baked cheese flavored crackers can be a good choice to have in place of high fat tortilla or other kinds of chips. They are usually not high in sodium but check the package label.*

13) What small, brown, wrinkled healthy snack full of fiber, vitamins and minerals can come in a small box?

**Raisins**

*Info: Raisins are dried grapes and have the same health benefits as the fresh fruit. Do not forget craisins which are dried cranberries. Just remember since they are dried they have the same amount of sugar as the whole fruit but in a much smaller package. A serving can have a lot of calorie so size is important.*

14) What salty, low-fat snack with calcium and protein can be pulled into strings to eat?

**String Cheese**

*c. Info: String cheese is usually lower in fat and sodium and a great way to get some calcium and protein between meals.*

15) If there is time, ask participants to tell you which of the snacks mentioned in this quiz they could bring from home. Be sure they mention homemade trail mix. Some answers might include:

• <b>Hard boiled eggs</b> – Not mentioned, but easy to pack-great between meal snack	• Whole and cut up veggies and fruits
• Homemade or store bought trail mix	• Your favorite low sugar whole grain cereal
• Yogurt	• Low-fat cheese sticks
• Bag of baked chips	• Pretzels
• Popcorn	• Raisins

# Smart Snacks Quiz Handout



- 1) What is a puffy, white, low fat snack you can make at home or buy at the movies?  
**Popcorn**
- 2) What is a fruity, chewy snack with fruit flavors that is high in added sugar?  
**Gummy Bears ® or other fruity chewy candy - they have little or no fruit**
- 3) What is a creamy, sweet flavored low fat dairy food that sometimes comes with fruit?  
**Yogurt**
- 4) What is a snack that can be high in fat and salt and made from potatoes? **Potato Chips**
- 5) What is a healthy make snack easy to make at home, cereal, nuts and seeds can be made home? **Trail Mix**
- 6) What snack bar made with oats, fruits and seeds can be high in solid fat and added sugar?  
**Granola Bar**
- 7) What is a sweet and juicy snack high in fiber, vitamins and minerals? **Fruit**
- 8) What is a small, sweet, round sometimes food that you often have with low-fat milk?  
**Cookies**
- 9) What is a healthy colorful snack high in vitamins, minerals and fiber you can eat plain or with dip?  
**Veggies**
- 10) What is a creamy, tan dip from the Middle East that is great with crackers, pretzels, chips or veggies? **Hummus**
- 11) What snack chips, not from potatoes, are high in solid fat and salt?  
**Tortilla, Taco and Corn Chips**
- 12) What is a baked, small, orange, crunchy cracker that can come in shapes and is good to eat in place of high-fat chips? **Baked cheese crackers like Goldfish®**
- 13) What small, brown, wrinkled healthy snack full of fiber, vitamins and minerals can come in a small box? **Raisins**
- 14) What salty, low-fat snack with calcium and protein can be pulled into strings to eat?  
**String Cheese**
- 15) What snacks in this quiz are healthy and easy to carry and take with you?

**Trail Mix**  
**Fruit**  
**Yogurt**  
**Baked chips**  
**Popcorn**  
**Yogurt**



**Whole and Cut Up Veggies**  
**Low sugar whole grain cereal**  
**Low-fat cheese sticks**  
**Pretzels**  
**Raisins**



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5/11/15

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