When It Comes To Snacks, It’s Often A Matter Of What Kind And How Much

Did you snack yesterday? If you are like most Americans the answer is yes. According to research by Dr. Barry Popkin 97% of adults snack and snacks account for about 25% of total calorie intake.

Some research suggests that snacking can help with satiety and is associated with lower body weight. However, snacking research is inconsistent; other studies suggest limiting caloric intake to three meals a day is a better approach to weight management.

Should you decide you need a little caloric pick me up, choose wisely. “Fruit, vegetables; low fat dairy products such as string cheese and yogurt; whole grains; and lean meat and beans such as hummus with whole grain crackers are good choices,” says Dr. Sharon Robinson, Nutrition Specialist and Registered Dietitian with the Texas AgriLife Extension Service. The secret is to keep portion size under control to avoid eating too many calories during the day. Consuming more calories than needed (as snacks and/or meals) can lead to unwanted weight gain especially when not offset with increased physical activity.

To learn more about healthful snacking visit: http://www.mypyramid.gov/tips_resources/tentips.html. Texas AgriLife Extension Service offers free and low cost education sessions on health and nutrition. To find out what is available in your community contact your local County Family and Consumer Sciences Extension Agent.
Sources:


