

## Extension Tip of the Week March 23, 2009

### Healthy, Inexpensive Snacks for Anytime

Instead of being “evil”, snacks really are a very good thing. For active children, they can be essential since their smaller stomach capacity can't hold enough food if only allowed three meals each day. Adults may also find that snacks help them have better control of their weight. So what food IS a wise, affordable choice for snacking?

Try to choose fruits, vegetables, whole grains and low fat dairy products. Here are some purchasing tips:

- Choose fresh fruit in season to save on your grocery bill. Frozen fruit or canned fruit in juice can be a good buy especially if you choose the store brand or a generic.
- Fruit juice makes a good snack or a great beverage with other snack foods. Remember you will get more nutritional benefit from eating the whole fruit rather than just drinking the juice.
- Fresh vegetables are a healthy, crunchy snack. Carrots, broccoli and cauliflower are the popular vegetables but try something different, like celery, cherry tomatoes or peppers.
- Popcorn is a great snack for your health and your pocketbook. Air popped popcorn is the healthiest and most inexpensive choice. Consider making your own snack mix with popcorn, cereals and small pretzels.
- Low fat yogurt with fruits is a quick easy snack.

Snacks should add nutrition to your day instead of just calories.