



## To Snack or Not To Snack?

100 years ago snacks, originating from a word meaning “to bite”, were occasional treats consumed at special events and celebrations. Now we consider snacks to be any eating or drinking between meals, and over half of Americans report eating at least 3 snacks every day!

Lets take a look at the risks and benefits of the rise of snacking:

### Risks:

- The most popular snacks (desserts, salty snacks, and sweet drinks) provide “empty calories”, or energy without important nutrients necessary for growth and wellbeing.
- Snacks are getting larger. Almost 1/3 of our daily calories (or energy) are coming from snacks leading to weight gain and obesity.
- Poorly timed snacks are replacing nutritionally balanced meals. Almost half of Americans skip 3 meals or more per week.

### Benefits:

- Eating nutritious meals or snacks every 3-4 hours may help prevent excess hunger, overeating, and weight gain.
- Healthful snacks with fruits, vegetables, low fat dairy, whole grains and/or nuts can supplement meals to help kids & teens meet their body's needs for vitamins and minerals.

## Delicious Snack Ideas

Some delicious snacks to try:

- Apple sliced and layered with a little peanut butter and cinnamon
- Quesadilla: 6” tortilla with 2 Tbsp. cheese, spinach, peppers, & salsa
- Low sodium turkey, green bean, and dried cranberry roll up
- Salsa, guacamole, and Veggie “Chips”— thinly sliced Carrot, cucumber and/or bell pepper scoops!
- Seasoned Edamame— check out our recipe from last month
- ANY Veggie dipped in Flavored Hummus— Beet Hummus is my fave!
- 6 cups of low fat microwave popcorn sprinkled with Mrs. Dash BBQ

**JDRF ONE WALK** Join CHAM Diabetes Team  
 Sunday October 18, 2015  
 Empire City Casino at Yonkers Raceway, 9:00am Check-in  
 Sign up and start raising funds today by visiting:  
[Walk.JDRF.org](http://Walk.JDRF.org)

## Snack Label Guide:

When a label is available... use it!

Nutrition Facts	
Serving Size Servings Per Container	
Amount Per Serving	
★ <b>Calories</b>	Choose snacks with 200 or less
% Daily Value*	
<b>Total Fat</b>	
↓ <b>Saturated Fat</b>	Aim for 10% or less
Trans Fat	
<b>Cholesterol</b>	
↓ <b>Sodium</b>	Aim for 10% or less
<b>Total Carbohydrate</b>	
↑ <b>Dietary Fiber</b>	Aim for 10% or more
↓ <b>Sugars</b>	LESS is BEST!
<b>Protein</b>	
Vitamin	
*Percent Daily Values are based on a 2,000 calorie diet.	

Check out Kashi Bars, Popcorners, Sunchips & Doritos (small bags), and Naturally Flavored Seltzers.

Don't like checking labels? Choose foods without one— **water, fresh fruits and vegetables will always be your best choice!**

Think you're a pro?

Test your skills on the web at:

[goo.gl/rkbM8t](http://goo.gl/rkbM8t)

## Our Dietitian



Michelle Ravvin

**Ask Endo-Nutrition** Send your questions to [mbrownst@montefiore.org](mailto:mbrownst@montefiore.org) and look out for answers in next months issue!