

Business Snack Attack

Why Snack Attack?



Eating small frequent healthy meals or snacks will keep your energy up and make you less prone to overeat at your next meal.

Snacks are an important part of a balanced diet. Although snacks can have a healthy role, that isn't typical. Today, snacking is associated with constant grazing or an intake of high-fat and high-sugar foods loaded with calories and little nutritional value. These habits bring on the need for a Snack Attack!

The concern is real. People are eating more snacks and taking in more calories. A study of changes in snacking behavior over a 25-year period (1977 – 2001) found the number of people eating three or more snacks a day increased from 11% – 42%. A recent study focused on kids from 1977 – 2006 found an additional intake of 168 snack calories per day. (Piernas C, Popin BM, Journal of Nutrition, Vol. 140, No. 2, 325-332, February 2010)

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Program Ideas and Tools



Changing individual behavior is a challenge. But by working in groups, individuals can support and encourage each other. Use the following suggestions to introduce friendly support that can lead to better results for all. For those participating, do random drawings for prizes such as water bottles, pedometers, cafeteria coupons, healthy cookbooks or discounts for a gym membership.

- Make the **Mix Six for Healthy Balance Snack Attack** tips available to employees
- Include **Snack Attack** articles in employee newsletters. Several options are provided.

Recognize February as American Heart Month by Setting-Up a Healthy Snack Display

In the cafeteria, break room or another space that works best for you, set up a display of heart-healthy snack ideas (higher fiber and/or lower fat).

- Set up a display showing examples of more vs. less heart-healthy snacks (such as those below). You can identify foods on cards, but having the actual food displayed is more effective. Make placards showing the “healthy savings” (column 3).

More Heart-Healthy	Less Heart-Healthy	Healthy Savings*
One fresh orange and ten animal crackers	One (four-inch) donut	120 calories, 3 tsp. fat
Ten baby carrots and two graham crackers squares	Five chocolate crème-filled sandwich cookies	171 calories, 2 ½ tsp. fat
One medium (3") apple	One-ounce cheese puff	65 calories, 2 ½ tsp. fat
Ten strawberries and five ginger snaps	One (three-inch) square brownie	62 calories, 1 ½ tsp. fat
Fifteen grapes and five small breadsticks	One slice American cheese and sixteen thin wheat crackers	56 calories, 1 ½ tsp. fat

Note: a savings of 50 calories per day could add up to more than a five-pound weight loss in a year.

*Source: USDA Nutrient Data Laboratory

- Look up Healthy Snack Recipe Resources, such as Mayo Clinic Snack Recipes <http://www.mayoclinic.com/health/healthy-snack-recipes/RE00121>
- Use heart graphics, and photos or an actual display of fruits and vegetables to add interest and color.



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Challenge Workers to “Take a Healthy Snack to Work Day”

Ask employees to bring healthy snacks to work along with packaging and labels or other nutrient information. Invite a registered dietitian to check the snacks and, using empty containers and packages, create a bulletin board with healthy snack options. (Collaborate with a local hospital or community dietician.)

Share healthy snack ideas at the event. With wise choices, snacks can add healthy energy to the day! Use the following ideas or be creative with your own. Have the registered dietitian explain how these snack ideas save fat, sugar or calories, or what you do to make healthier choices easier.

HEALTHY SNACK IDEAS

- Animal crackers — eight crackers*
- Graham crackers — two squares*
- Trail mix — cereals and dried fruit (no fat added) — ½ cup
- Fat-free (or low-fat) popcorn — two cups
- Pretzels, small hard — ½ cup
- Baked chips — one ounce (10-15 chips)
- Fresh, canned or individually packed fruit — natural juices only — one cup
- Nonfat yogurt — one cup*
- Water
- Non-fat milk — one cup
- Low-fat pudding — one cup*
- Fresh vegetables such as baby carrots, broccoli, cauliflower, zucchini, cucumber rounds and green, red, or yellow bell pepper wedges

*Higher in added sugar unless sugar-free

Create a Healthy Holiday Snack Idea Resource (or provide the following lower-fat recipe substitutions in communications)

- If possible, ask a dietitian to help coordinate and review recipes and ideas.
- Ask employees to submit healthy holiday snack recipes and ideas.
- Give guidelines and examples of how to lower fat and sugar in recipes.
- Ask workers to explain how they made a regular recipe lower in fat or sugar.
- Create and distribute a document of healthy holiday snack ideas.

LOWER-FAT RECIPE SUBSTITUTIONS	
Ingredient	Substitution
Cream Cheese	Low (Neuchatel) or nonfat cream cheese
Sour Cream	Low-fat cream cheese
Salad Dressing	Low-fat or fat free salad dressing
Oil in Baked Goods	Applesauce for 1/3 the amount of oil
Flour Tortilla	Low-fat flour tortilla



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(Continued)

Add Worksite Healthy Snack Options

Become a champion for healthy eating choices in the workplace and at home.

Welcome and encourage healthy change ideas and feedback.

- Provide work area refrigerator space so employees have the option of bringing healthy snacks from home.
- Consider long-term vending options in the workplace and discuss healthy options with your vending wholesaler. Make changes after surveying and communicating with employees. Think about:
 - The number of vending machines
 - Location of machines
 - Food choices in the vending machines
 - Provide affordable cafeteria snack options. Informally survey workers for healthy snack option preferences.
 - Provide healthy options at meetings and worksite events

Add healthy finger-foods such as:

- Pretzels with sweet or spicy mustard dip
- Popcorn — low-fat varieties
- Mini bagels

Include fruit in something sweet:

- Make-your-own yogurt parfaits with fresh fruit and low-fat or non-fat vanilla yogurt. To add crunch, sprinkle low-fat granola or chopped nuts on top.
- Chocolate-covered strawberries
- Angel food cake cubes and fruit chunks with flavored yogurt dip
- Chunks of honeydew melon, watermelon, or cantaloupe with a squeeze of lime

Add more veggies:

- Baby carrots
- Broccoli and cauliflower
- Green, red or yellow bell pepper wedges
- Zucchini or yellow squash slices
- Cucumber rounds

If dip is necessary, make it a bean dip, salsa or light dressing.

References

1. The University of Wyoming Fresh Approaches
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Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events
www.sph.umn.edu/img/assets/9103/Nutrition_Guide.pdf
3. Eat Smart Move More North Carolina, Healthy Meeting Guide
<http://www.eatsmartmovemorenc.com/HealthyMeetingGuide/HealthyMeetingGuide.html>
4. The Centers for Disease Control and Prevention, Choosing Foods and Beverages for Healthy Meetings, Conferences and Events
www.cdc.gov/nccddphp/dnpa/pdf/Healthy_Worksite_Food.pdf



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