



# Why Snack Attack?

## *What's the Problem with Snacks?*

Snacks are an important part of U.S. diets, and how often we choose to snack has been changing. A study of changes in snacking behavior over a 25-year period found that the number of people eating three or more snacks a day increased from 11% to 42%.

What about the nutrients in snacks? In 2001-02, snacks contributed<sup>1</sup>

- 26% of total daily calories
- 39% of the total sugar intake
- 1/3 of fruit servings
- 1/4 of grain servings

A study of the snacking behavior of children shows similar results over the same period. Researchers found that away-from-home snacking doubled for young children and increased by more than 50% for teens. By 2001-02 snack choices were lower in all nutrients except carbohydrate and sugars. Top contributors to calorie intake included cakes, cookies, savory snacks, fried potatoes, candy, milk, milk desserts, fruit drinks and soda.<sup>2</sup>

**What can you do about it?** The right snack choices will help you add nutritional value with fruits, grains and milk, as long as you keep a healthy balance with sugar and fat intake. It is possible to eat the foods you love. Choosing healthy snacks does not mean you have only bland and boring options.

**An energizing snack can be tasty, satisfying and balanced, too!**

*An extra 100  
calories per day in  
unnneeded fat and  
sugar can increase  
your weight by  
more than 10 lbs.  
in a year.<sup>3</sup>*

1. Cleveland, L., et.al. The Federation of American Societies for Experimental Biology Journal. 19(4):A88, 2005.

2. Sebastian, R., et.al. The Federation of American Societies for Experimental Biology Journal. 20(4):A189, 2006.

3. Healthy Kids Challenge.

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