

Heart Healthy Snacking

There are many benefits to healthy snacking:

- ◆ If your meals are more than 4 hours apart, then having a snack between meals is a great way to reduce hunger and prevent overeating.
- ◆ Snacking can help you lose weight.
- ◆ Choosing healthy balanced snacks can help you meet your daily nutrient requirements.
- ◆ Snacking can help you control your blood sugar levels. If you eat meat, eat it baked, grilled and broiled rather than fried. Take the skin off before eating chicken. Eat fish at least once a week.
- ◆ Cut back on extra fat, such as butter or margarine on bread, sour cream on baked potatoes, and salad dressings.
- ◆ Eat plenty of fruits and vegetables with your meals and as snacks.
- ◆ When eating away from home, watch out for "hidden" fats (such as that in salad dressing and desserts) and larger portion sizes.
- ◆ Read the nutrition labels on snack foods before you buy them. If you need help reading the labels, ask your doctor or your dietitian.
- ◆ Drink no- or low-calorie beverages, such as water, unsweetened tea and diet soda.

| Limit | Choose |
|---------------------------------------|---|
| whole or 2 percent milk, and cream | use 1 percent or skim milk |
| fried foods | eat baked, steamed, boiled, broiled, or microwaved foods |
| lard, butter, palm, and coconut oils | cook with unsaturated vegetable oils, such as corn, olive, canola, safflower, sesame, soybean, sunflower, or peanut |
| fatty cuts of meat, such as prime rib | eat lean cuts of meat or cut off the fatty parts |
| one whole egg in recipes | use two egg whites |
| sour cream and mayonnaise | use plain low-fat yogurt, low-fat cottage cheese, or low-fat or "light" sour cream |
| sauces, butter, and salt | season vegetables with herbs and spices |
| regular hard and processed cheeses | eat low-fat, low-sodium cheeses |
| salted potato chips and other snacks | choose low-fat, unsalted |
| beef jerkey | dried fruit leathers |