

Select Super Tasty Smart Snacks



Do You Know ...

that teens feel better when they eat smart snacks every day?

Well-balanced snacks help with weight control, sports performance, and all-day energy levels.

To snack or not to snack?

- ❶ **Before you start snacking, check your hunger level.** Do you have physical hunger signs, like being light-headed?
- ❷ **Instead of hunger, are you feeling bored? Angry? Lonely? Anxious?** Eating for emotional reasons may make you feel worse in the long run.
- ❸ **Are you thirsty rather than hungry?** Check your fluid level. Try drinking a refreshing glass of water before you dig into a snack.

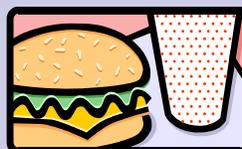
Balanced snacks need protein + carbs

Lean PROTEIN

- Protein helps your snack last longer. If you are working out, you need frequent protein to build and repair muscles.
- You can get protein from meats, eggs, cheese, milk, canned tuna, peanut butter, beef jerky, almonds, soy nuts, and sunflower seeds.

Hi-Energy CARBS

- Carbohydrates are your brain and muscles' preferred source of energy. You just have to pick the right ones!
- Get your carbs from whole grain breads and cereals, beans, nuts, seeds, fruits, and vegetables - cut back on sweets, candy, and chips.



Six Easy and Delicious Dairy Snacks

1. Vanilla yogurt & berries

Take 1 cup yogurt and stir in ½ cup of frozen blueberries or strawberries.

2. Cheese & apple

Creamy natural cheese and crunchy apples are the perfect snack combo.

3. Microwave quesadilla

All you need is a tortilla, grated cheese, and seconds to melt.



4. String cheese wrap

Wrap a tortilla or pita bread around a mozzarella-cheddar swirled cheese stick.

5. Yogurt-fruit smoothie

Blend your favorite yogurt flavor with low-fat milk and any sweet fruit.

6. Cereal and milk

This is as easy as it gets. Microwave oatmeal or just go with Cheerios.

Q: *How can I keep from eating chips and candy all the time?*

A: **Stay stocked up on SMART snacks!**

If you want to look and feel better, replace some of your high-fat, high-sugar snacks with nutrient-rich, carb-smart super snacks. It is easier to do that when you keep plenty of healthy munchies in the fridge, in the cupboards, in your desk, in your backpack, and in your locker. Stock up on:

🍌 Fabulous FRUIT:

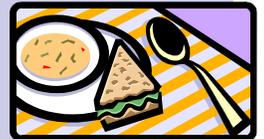
Fresh, frozen, canned, or dried – they're all sweet and nutritious. Bananas, apples, tangerines, and kiwi; frozen berries; canned pineapple and peaches; raisins, raisins, and dried mangoes.

🍌 Vigorous VEGGIES:

Fresh crunchy vegetables make the best snacks – especially with a little low-fat dressing. Go for baby carrots, grape tomatoes, sugar peapods, celery sticks, broccoli trees, and sliced cucumbers and peppers of all colors.

🍌 Power PROTEINS

So many yummy options to choose from: sliced deli turkey, chicken, beef, and low-fat ham; peanut butter, peanuts, pistachios, and soy nuts; beans (like black, kidney, or garbanzo); yogurt, cottage cheese, and milk.



ONLINE SNACK ATTACKS

Love tortilla chips and salsa? Craving a refreshing, fruity popsicle? Want to make your favorite munchies just a little bit healthier?

Check out the **Snack Attack Challenge and Recipe Files @ Your Energy Wake Up Call:**
www.caprojectlean.org/eatwin/recipes/genEatRecipeIndex.asp