



Activity: Snack Attack

For New Direction and OutLook Weight Control Programs

Snacking and weight loss can go hand-in-hand. When planned sensibly, snacks add enjoyment, variety, and nutritional value to your daily food plan.

When you get the urge to snack, it helps to have a game plan. First consider the type of snack you want and the specific foods you feel like eating. Then ask yourself, "Will these foods satisfy my desire to snack? Can I fit the snack into my weight loss plan? Will I enjoy the snack?" If you answered "yes" to these questions, then you've learned how to snack sensibly while controlling your weight.

For each category below, write down two snacks that suit your tastes and nutritional preferences. Be sure to include portion sizes. Then record their exchanges so you can see how to fit these snacks into your daily food plan.

Crunchy Snacks

EXAMPLES

Food	Exchanges
1/4 cup Grape Nuts cereal with 1 cup skim milk	1 starch 1 milk
7 (3/4 oz) sourdough pretzel nuggets	1 starch
1 cup raw chopped broccoli and cauliflower	1 vegetable

YOUR CHOICES

Food	Exchanges
_____	_____
_____	_____
_____	_____
_____	_____

Sweet Snacks

EXAMPLES

Food	Exchanges
1 roll (3/4 oz) chewy fruit snack	1 starch
1/2 cup light ice cream	1 starch

YOUR CHOICES

Food	Exchanges
_____	_____
_____	_____

Savory or Spicy Snacks

EXAMPLES

Food	Exchanges
15 (3/4 oz) fat-free tortilla chips with 1/4 cup salsa	1 starch free
1 cup spicy tomato soup (made with water) with 12 oyster crackers	1 starch 1/2 starch

YOUR CHOICES

Food	Exchanges
_____	_____
_____	_____
_____	_____
_____	_____

Drinkable Snacks

EXAMPLES

Food	Exchanges
Banana smoothie (1 small banana blended with 1 cup nonfat light yogurt)	1 fruit 1 milk
Grapefruit juice spritzer (1/2 cup juice with 1/2 cup sparkling water)	1 fruit

YOUR CHOICES

Food	Exchanges
_____	_____
_____	_____
_____	_____