



Simple, science-backed guidance for a healthier workforce

Food for Thought: The Benefits of Healthy Snacking

Are snacks good or bad for us? Many people snack at least once during the course of a day, and there are several reasons why. The most common scenario is that our stomachs start growling a few hours after our last meal. Another might be a dip in energy levels that a small bite can remedy. Or maybe we just look forward to the taste of certain snack foods.

Although snacks can be a regular and important part of a healthy diet, they can also lead to health problems. What differentiates the two scenarios is our snacking behavior: what we snack on, why we snack, frequency of snacking, and how snacks fit into our overall eating plans.

BENEFITS:

- Provides a boost of energy and helps curb appetite to prevent overeating at the next meal.
- Provides extra nutrients when choosing certain snacks like fresh fruit or nuts.

PITFALLS:

- Unwanted weight gain if portions or frequency of snacking is too much.
- Too much snacking can reduce hunger at mealtimes or cause one to skip a meal entirely, which increases the risk of losing out on important nutrients.

Try It This Week: Take Control of Your Snacking

Decide which snack choices will satisfy you. A satisfying snack will alleviate hunger, be enjoyable, and help you forget about food until your next meal!

- Crunchy – raw vegetable sticks, nuts, seeds, whole grain crackers, apple
- Creamy – cottage cheese, yogurt, hummus, avocado
- Sweet – chopped fresh fruit, dark chocolate
- Savory/Salty – cube or slice of cheese, roasted chickpeas, handful of nuts, nut butter



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