



# Tips to Manage Snacking

Have you ever sat down in front of a TV with a full bag, box or bowl of snack foods? After eating for a while, have you ever discovered that the container was nearly empty? Where did that food go?

Researchers call this mindless eating. If we do not pay attention to what we are eating, we may eat more than we plan to eat. Eating too much can lead to weight gain. Being overweight places us at higher risk for several diseases, including diabetes and heart disease.

These are some ideas to help you manage the amount of food you eat. Mark (✓) the ones that may work for you.

- \_\_\_ Serve yourself the amount of food that equals one serving according to the Nutrition Facts label (if available). Read about the nutritional content of the food, too.
- \_\_\_ Eat from a smaller plate instead of directly from the bag or the container.
- \_\_\_ When your plate is empty, stop. Don't go back for seconds of high-calorie, high-fat or high-sodium foods.
- \_\_\_ Eat slowly. Your brain needs at least 20 minutes to get the message that your stomach is full.
- \_\_\_ Take control of the amount of high-fat and high-calorie items you consume by taking seconds of vegetables.
- \_\_\_ Pay attention to what you are eating. Enjoy the aroma and taste of your foods.
- \_\_\_ Use smaller serving utensils to remind yourself to take less.
- \_\_\_ Keep the remnants of foods or the wrappers in front of you so you can see how much you have eaten.
- \_\_\_ When you set out foods, place foods into smaller containers. You and your family or guests may take a smaller amount of the item.

Nutrition Facts	
Serving Size: 1 oz, shelled (28g)	
Servings Per Container: About 2	
Amount Per Serving	
<b>Calories</b> 160	<b>Fat Cal</b> 120
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
<b>Sat Fat</b> 1.5g	<b>7%</b>
<b>Trans Fat</b> 0g	
<b>Cholest</b> 0mg	<b>0%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carb</b> 8g	<b>3%</b>
<b>Fiber</b> 3g	<b>12%</b>
<b>Sugars</b> 1g	
<b>Protein</b> 5g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 0%	<b>Iron</b> 6%
* Percent Daily Values are based on a 2,000 calorie diet	

Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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## My kids want to eat the same thing day after day. How can I help them try new foods?

Sometimes getting kids to eat new foods takes time. Kids don't always take to new foods right away.

- Offer new foods many times. Give them a small taste at first and be patient with them.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.

We have been eating more family meals during the summer months. With the school year starting, we get really busy. We would like to keep our family meals going. Do you have any ideas for us?

Family meals are linked to success in school and healthier families. Make family meal times a priority. Try these tips to help stretch your time and money and promote good nutrition. Your local NDSU Extension Service office has more information.

- Plan menus a week at a time and write grocery lists. Consider the food you have on hand. Check which foods are on sale at the grocery store.
- Prepare portions of a meal in advance. For example, cut up vegetables for tomorrow's evening meal or cook ground beef for tomorrow's meal.
- Use leftovers as the basis for another meal. For example, make chicken tacos out of "planned-over" roasted chicken.
- Have other people in your household help with meal preparation and cleanup. Make a "master schedule" with duties.



### Back to School

#### School Breakfast and Lunch Reminder for Parents



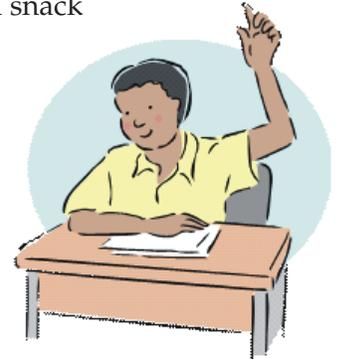
Be sure to check the back-to-school packet from your child's school for the free and reduced-price meals application. A family of four with a gross income of less than \$3,400 a month qualifies for reduced-price school meals. This could mean a savings of \$500 for two students.



# Super Snack Mix

- 1 c. whole-grain cereal, such as Cheerios
- ¼ c. dried fruit of your choice (such as raisins, dried cranberries, cut apricots)
- ¼ c. nuts (walnut pieces, slivered almonds, pistachios)
- ½ c. small whole-grain snack crackers or pretzels

Place all ingredients in a large zip-top baggie or storage container and shake.



Package in single-serving zip-top bags for school or work snacks.

*Serves three.*

*Per serving: 170 calories, 7 grams (g) fat, 24 g carbohydrate, 4 g protein, 3 g fiber and 270 milligrams sodium*

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#### McKenzie and Williams Counties Family Nutrition Program

*Please call for more information on nutrition,  
food purchasing or food safety.*



*Heather Wisness*

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