

Employee Tip Sheet

Snack Attack

Fit & Fun Families

Stay on Track with a Snack Attack.

Eating healthy snacks does not have to leave you with bland and boring options. An energizing snack can be tasty, satisfying, and loaded with vitamins and minerals too!

Why?

- Too often we are making poor snack choices with foods loaded with calories and little nutritional value.
- Many workers consume a significant portion of food away from home.
- Foods consumed at cafeterias, from vending machines, and in other public food-service establishments are often not as nutritious or healthy as foods prepared at home.
- Every extra 100 calories consumed a day will add up to steady weight gain over the years.
- Empty calorie snacks end up leaving you with less energy and will make you hungrier later.

How?

- Create small goals to eat healthy snacks while at work.
- Use the action ideas for work and home to make small changes.
- Track your progress and goals.
- Celebrate your healthy changes and share your good ideas with others.

Resources:

The National Center for Chronic Disease Prevention and Health Promotion Web sites:

- www.cdc.gov/nccdphp/dnpa/5ADay/tips/holiday_tips.htm
- www.cdc.gov/nccdphp/dnpa/5ADay/tips/basics.htm

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Take Action: *Put Health in Motion!*

What You Can Do at Home:

Avoid grazing in the kitchen. You'd be surprised how much those extra calories add up.

Plan ahead at home to save time at work.

Here are some helpful snack tips:

- **Stock up** on healthy, portable snacks.
- **Buy** ready-to-eat packaged and prepared fresh fruit and vegetables that are already cleaned. Pre-cut vegetables are a terrific time saver. Or look at your local supermarket for sliced fruits such as melons or fresh pineapple.
- **Grab** nature's original fast food for snack time at work:
 - **Fruit:** an apple or orange, or a zip lock bag with sweet cherries, grapes, dried dates, figs, prunes, raisins, or apricots.
 - **Vegetables:** carrot sticks, broccoli, or some red, yellow, and green pepper. Try dipping your vegetables in low-fat or non-fat salad dressing.
- **In a hurry?** Pick fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, cauliflower, grapes, apples, broccoli spears, bananas, or a box of 100 percent fruit or vegetable juice.
- **Bring** to work individual servings of low-fat crackers, rice cakes, pretzels, dried fruit or nuts for healthy snack options.

What You Can Do at Work:

Goal: Avoid the Snack Attack Blues

We have all been there. We are hungry, tired and want a little pick me up at the end or the middle of the day. It is easy to reach for a candy bar, a soda, or a cup of coffee.

Create your Workplace Snack Attack Plan. Use the following action ideas as a guide:

- Be aware. Think about your choices.
- Plan for healthy snacks ahead of time.
- Try instead to incorporate a healthy snack such as fresh fruit, raw vegetables, yogurt, or nuts.
- Keep a list of snack ideas handy.
- Set a time and place for your snacks.
- Have healthy portable snacks available.
- Sit down for a snack instead of graze.
- Use the "Break Time Snack ideas" as a resource.

Tip

When you are grocery shopping, pick up bags of baby carrots, string cheese, nuts, fresh and dried fruit, single serving packs of apple sauce, yogurt, whole-grain crackers. Having healthy portable snacks around will help you avoid less healthy vending-machine, convenience store and fast-food options.

www.CDC.gov

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The Snack Attack Challenge

Challenge #1: **Be Mindful of Your Choices**

Track your snack intake. Think “**More or Less**”. Think **more** fruits and vegetables and **less** sugary and high-fat foods, like sugary drinks, candy and chips. Write down your daily snack intake. Keep a list of fruit and veggie choices that could be eaten **more** often and a list of sugary and high-fat food choices that could be eaten **less** often.

Challenge #2: **Holiday Helpers**

Challenge yourself not to over eat around the holidays when treats seem to be overabundant at home and at work in break rooms, meetings, and cafeterias.

The National Center for Chronic Disease Prevention and Health Promotion recommends the following tips:

- Standing by the buffet table is temptation to overeat! Remember holiday parties are a time to celebrate with family and friends, not just food.
- It's easy to overindulge during the holidays; make sure to watch portion sizes and select one or two of your favorites from all those tempting foods.
- Leave those extra calories behind - take the butter and sugar off the table.
- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates
- Remember calories add up! This is especially true during the holidays when we snack more. For a healthy snack, choose a piece of fresh fruit for your 5-A-Day!

This message brought to you by *CIGNA HealthCare* and the *Healthy Kids Challenge*.
Working to make healthy eating and physical activity a regular part of your life at home and at work.

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Healthy Snacking at Work

It is break time at work. With a little planning, a more healthful choice can be made that will still satisfy your taste buds. You will always be ready when the munchies hit.

Plan ahead. A great thing to do is pack your coffee break “treat” ahead of time while you are making your lunch in the morning or the night before.

Ideas include:

- high-fiber muffins
- whole wheat bagels with light cream cheese
- popcorn
- tasty trail mix
- fresh fruit
- single-serving fruit cups
- string cheese
- low-fat yogurt
- single-serving low-fat cottage cheese
- baby carrots and dip
- cheese and crackers
- dried fruits, nuts, and seeds