

NUTRITION NEWS & NOTES

Making Smart Snacking Choices

(NAPSA)—An apple a day may not just keep the doctor away. It could stop guilt in its tracks, too. A recent survey commissioned by Dole Packaged Foods found that more than 35 percent of women say they feel guilty when they snack. That doesn't have to be the case, though, as long as people make smart snack choices. Many nutritionists say the key is to find delicious snacks, such as fruit, that let you indulge without the bulge—a fact that most people seem to understand, but don't necessarily apply to themselves.

According to the survey, most women provide healthful fruit snacks for their families, but they tend to keep the candy or baked snacks for themselves. Here's a look at some additional snack facts from the survey:

What We Crave

Sweet beats salty when it comes to cravings

Snack attack veterans probably won't be surprised that taste was the most important factor for respondents craving indulgent snacks—or that “sweet” was the taste they craved most. If you want a guilt-free way to indulge your sweet tooth, try a healthful snack such as DOLE Fruit Parfaits. They offer refreshing fruit, like apples, peaches and pineapples, layered over a light-tasting crème and served in take-along containers that make for easier portion control. They provide approximately 25 percent of the RDA for vitamin C, only have about 115 calories and are low in fat.

Where And When We Crave ***Cravings hit at home***

The survey found that the most popular location for snacking was



Guilt-Free Snacking—Fruit snacks can be a healthful way to indulge without the bulge.

at home. Work and school came in second; snacking while driving, traveling or on the go came in third. Prime snacking time occurs throughout the week from lunch until the evening. About 60 percent of respondents said they snack one to two times a day. Approximately 20 percent snack three or more times daily.

Do Calories Count?

Most people keep their snacks to 200 calories or less

According to Dr. Nicholas D. Gillitt, Ph.D., research chemist, Dole Nutrition Institute, it's important to consider nutritional, caloric and fat content, as well as serving size, when choosing a snack. Almost two out of five respondents agree with Dr. Gillitt and say they keep their snacks to 200 calories or less. One out of five people snack on 200 calories or more and two out of five respondents take the carefree approach and never count calories.

For more information on healthy snacking, visit www.dole.com.