

NUTRITION NEWS & NOTES

Snacking On The Go Made Healthy

(NAPSA)—Snacking has had a negative connotation attached to it, almost as if you are cheating between meals, and can have consequences if you splurge. However, many nutritionists will actually encourage you to snack throughout the day. A snack doesn't have to be a sweet treat or salty chips. It can and should be something healthy that will satisfy hunger and nutritional needs but not fill you up with empty calories. This is great news for moms who can now say "yes" when their children ask for a snack. There are some great options, such as raisins, pretzels and sunflower and pumpkin seeds. These healthy snack options help keep the body's metabolism working at optimal levels and keep moms and their kids going through all their daily activities.

Snacking On The Go

With today's busy family lifestyles, it's often easier to grab something on the run—regardless of calories and fat—than to make a healthy choice. That's because it's difficult to keep a banana in a backpack or carrot sticks in the glove compartment. Fortunately, there are ways to help ensure that snacking doesn't turn into splurging:

- If you're packing your kids a lunch or grabbing something for the office, be sure to include something for later in the day.
- Keep nonperishable snacks on hand for when you or the kids



Packs of sunflower or pumpkin seeds can be great for people watching their weight, or those just looking for a healthy snack.

get the munchies—in the car, by the TV, in your purse, etc. A terrific option is a premeasured pack of sunflower seeds, pumpkin seeds or sunflower kernels, now available from DAVID Seeds, the nation's leading seed brand. And these portion-controlled bags make it simple to keep track of just how much you—or your kids—are eating AND they are packed with protein and vitamins.

- If you're on your way to an event—be it a meeting, a sporting event or a family get-together—have a little something beforehand. A packet of pumpkin seeds or a cup of yogurt can go a long way toward curbing cravings and making it easier for you and the kids to resist the temptation of heavier, calorie-laden foods. Multipacks of DAVID Seeds are available in grocery stores, mass stores and drugstores. To learn more, visit www.davidseeds.com.