

# Health Trends

## The New Mini-Meal: Sensible Snacking

(NAPSA)—Eating several small meals throughout the day is the latest trend in managing a healthy lifestyle. From nutritionists to fitness magazines, many are touting this new “mini-meal” philosophy.

While most advocates of sensible snacking promote its weight loss benefits, there are other reasons why snacking is encouraged, including increased energy and nutrients. Healthy snacking not only maintains the body’s insulin levels, providing a steady release of energy throughout the day, it also enriches the body with protein, vitamins, minerals and other nutrients occasionally missed during traditional meals.

The amount of snacking and type of snack foods consumed vary depending on a person’s age and lifestyle. Adults, for example, should snack in limited amounts because they require less energy to fuel the body. Children and teenagers, on the other hand, are still growing and require more calories. They should snack regularly to keep their energy up throughout the day.

Choosing the right snack foods is just as important as planning a healthy meal. Following are some tips for getting the most out of sensible snacking:

**Drink your juice.** Remember that eight fluid ounces of fruit juice counts as one cup of your daily fruit intake. Just be sure it’s 100 percent fruit juice with no added sugar, artificial flavors or preservatives, such as JUICY JUICE 100% Juice.

**Keep it cool.** Presliced vegetables and fruits are excellent snacks to keep in the fridge. For a special treat, serve them with a



**Both adults and kids benefit from sensible snacking.**

dip, such as hummus or a vanilla yogurt dip mixed with calcium-fortified, strawberry-flavored NESTLÉ NESQUIK Powder.

**Choose between proteins.** For a trendier and lower-fat approach to protein, consider spreading almond butter on pear or apple slices instead of regular peanut butter. Allergic to nuts? Don’t forget that cheese is also a great source of protein.

**Expand your taste buds.** Snacking is a great way to try something new. Experiment with unique vegetables or combinations, such as steamed edamame with kosher salt or low-fat cottage cheese with applesauce and a sprinkle of cinnamon.

**Mobilize your snacks.** To prevent unhealthy snacking while on the go, keep a stash of portion- and calorie-controlled snacks, such as PRIA Complete Nutrition Bars, in the car.

By controlling portions and choosing the right foods, you can reap the benefits of sensible snacking. Look for more delicious snack recipes the entire family will enjoy at [VeryBestKids.com](http://VeryBestKids.com).