

# Total Nutrition

## Have A Snack It's Good For You

(NAPSA)—That didn't used to be the advice given by nutritionists. Three square meals a day was the mantra for good health. But, today snacks are embraced for the benefits they offer. The catch is you need to pick the right types of foods to reap the rewards.

**The Benefits Snacks fill a gap**—Most people can easily eat all the calories they should in a day, but few, adults and children alike, get all the vitamins, minerals and other nutrients they need in just three meals. Snacks can pick up the slack. Nutrient-rich foods such as fruits, vegetables, ready-to-eat cereals, yogurt and more take over where breakfast, lunch and dinner leave off.

**Snacks boost energy**—Most meals satisfy your stomach for about three hours before hunger returns. Along with the pangs there is a dip in blood sugar and a waning sense of energy. Snacking delivers a dose of both to your body and brain. The boost can last up to two hours depending on the type of foods you choose to eat. Sugary foods such as soda pop or candy give you a quick bump in energy, but it is short-lived. Whole grains such as whole-wheat bread, crackers or cereal, plus a small amount of protein from cheese, yogurt, meat or nuts are digested slowly resulting in an even flow of energy to your brain and muscles.

**Snacks can help keep weight in line**—More Americans than ever are overweight—some experts attribute part of the problem to snacking. Snacks can be blamed to a certain extent because many of the foods people choose are high in calories, but the actual act of snacking is not at

fault. In fact, snacking on healthful foods can help control weight by keeping hunger in check and lowering the odds of overeating at meals.

### The Best Snack Foods

Think of snacks as mini-meals. The best ones have something to offer nutritionally. Not every food needs to be a vitamin or mineral all-star, but to receive the health, energy and weight control benefits listed above, snacks need to be worthwhile. See the accompanying table for improvements to standard snack fare.

**A Great Start Toward Total Nutrition**—Stock the kitchen with grab-and-go nutrition. Baby carrots and other cut vegetables, individual boxes of cereal, small packages of dried fruit, juice boxes, snack-sized containers of yogurt, pudding, tortillas and simple fruits work wonders.

Brought to you by Total cereals, breakfast cereals with 100% of the daily value of at least 11 vitamins and minerals.

| Instead of:   | Try:                                      | The bonus:                                |
|---|---|---|
| Chips   | Baked tortilla chips with salsa           | Vitamin C                                 |
|   | Chips with yogurt dip                     | Calcium                                   |
|   | Whole wheat crackers or bagel with cheese | Fiber and calcium                         |
|   | Low-fat popcorn                           | Fiber                                     |
| Soft drink  | Trail mix (nuts, pretzels, dried fruit)   | Assorted vitamins and minerals plus fiber |
|   | Mineral water                             | No calories                               |
|   | 100% juice                                | Vitamins                                  |
|   | Low-fat chocolate milk                    | Calcium, vitamin D and magnesium          |
| Candy bar   | Tea, unsweetened                          | No calories                               |
|   | Fruit-flavored yogurt                     | Calcium, vitamin D                        |
|   | Breakfast bar                             | Assorted vitamins and minerals            |
|   | Pudding                                   | Calcium                                   |
| <i>Other snack choices: Ready-to-eat cereals, cheese sticks, any fruit or vegetable, peanut butter toast and soup</i> |   |   |

