



Get Cooking:

SNACKING SAVVY

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Poll- How do you feel about snacking?

A. IT'S A BAD HABIT!

B. IT'S HELPFUL IF I JUST KNEW HOW TO DO IT THE "RIGHT" WAY.

C. I SNACK OFTEN BUT FEEL I COULD ALWAYS LEARN MORE ABOUT CHOOSING HEALTHIER OPTIONS.

Online: Respond at pollev.com/osuextension

Text: **OSUEXTENSION** to **37607**, once you join answer with A, B, or C



Outline:

- TO LOOK AT SNACKS AS A PART OF AN OVERALL FOOD PLAN.
- TO VIEW FRUITS & VEGETABLES AS VIABLE, NUTRITIOUS, EASY TO PREPARE SNACKS.
- TO KEEP SNACKS SAFE TO EAT.

The best snacking strategy

CHOOSE NUTRITIOUS SNACKS

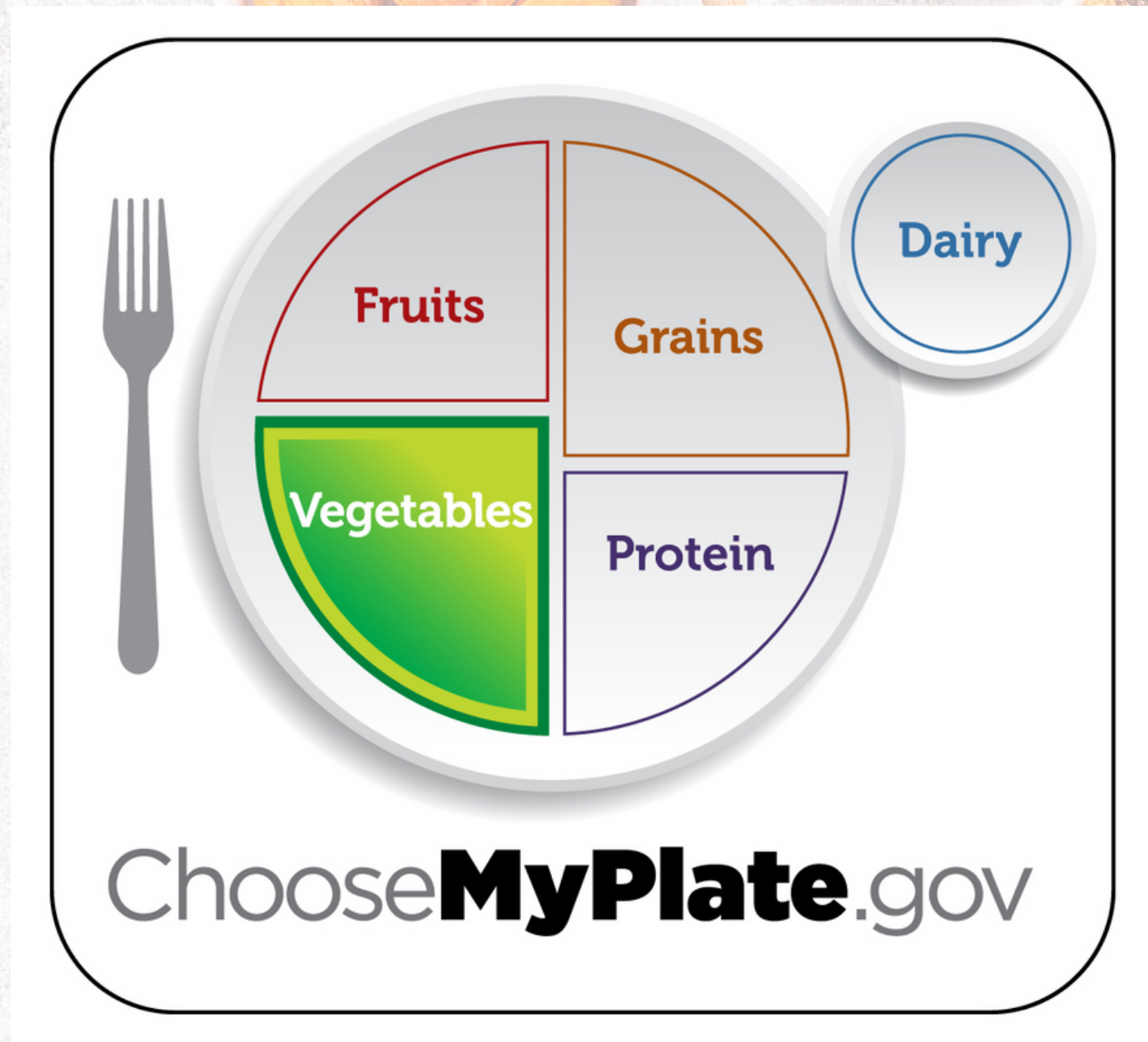


Fruits & Vegetables



- COLORFUL
- LOW IN CALORIES
- HIGH IN:
 - VITAMINS
 - MINERALS
 - DIETARY FIBER
 - PHYTOCHEMICALS

How many vegetables are needed daily?

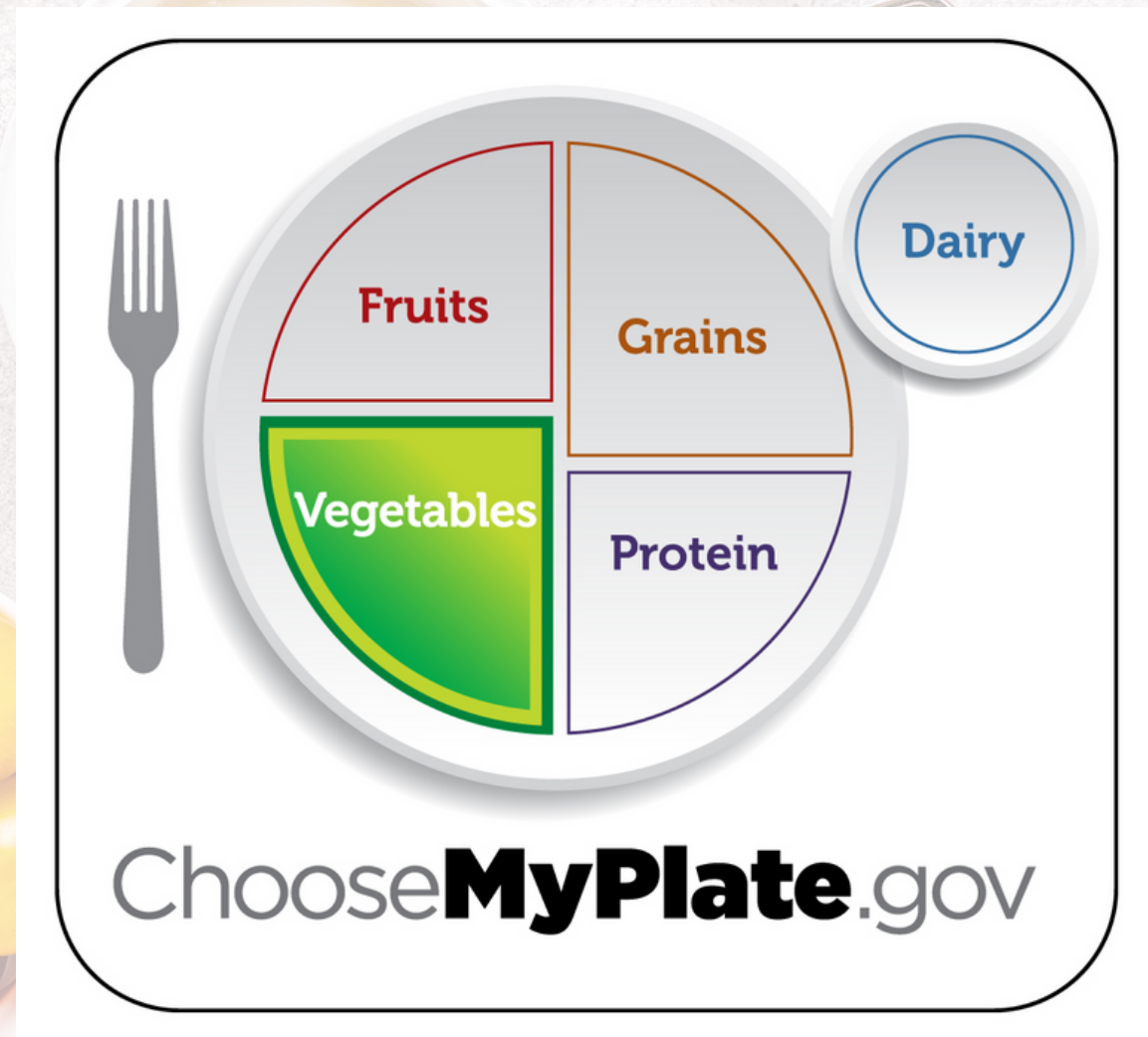


DEPENDS ON:

- **AGE**
- **SEX**
- **LEVEL OF PHYSICAL ACTIVITY**

Daily Recommendation for Vegetables

CHILDREN	2-3 YEARS	1 CUP
	4-8 YEARS	1 1/2 CUPS
GIRLS	9-13 YEARS	2 CUPS
	14-18 YEARS	2 1/2 CUPS
BOYS	9-13 YEARS	2 1/2 CUPS
	14-18 YEARS	3 CUPS
WOMEN	19-30 YEARS	2 1/2 CUPS
	31-50 YEARS	2 1/2 CUPS
	51+ YEARS	2 CUPS
MEN	19-30 YEARS	3 CUPS
	31-50 YEARS	3 CUPS
	51+ YEARS	2 1/2 CUPS

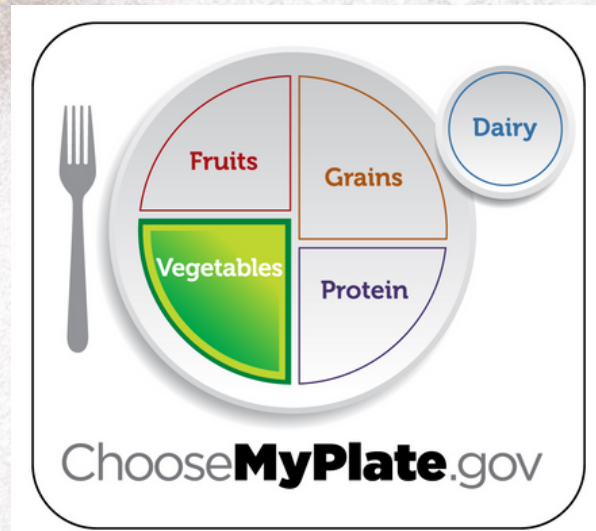


*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

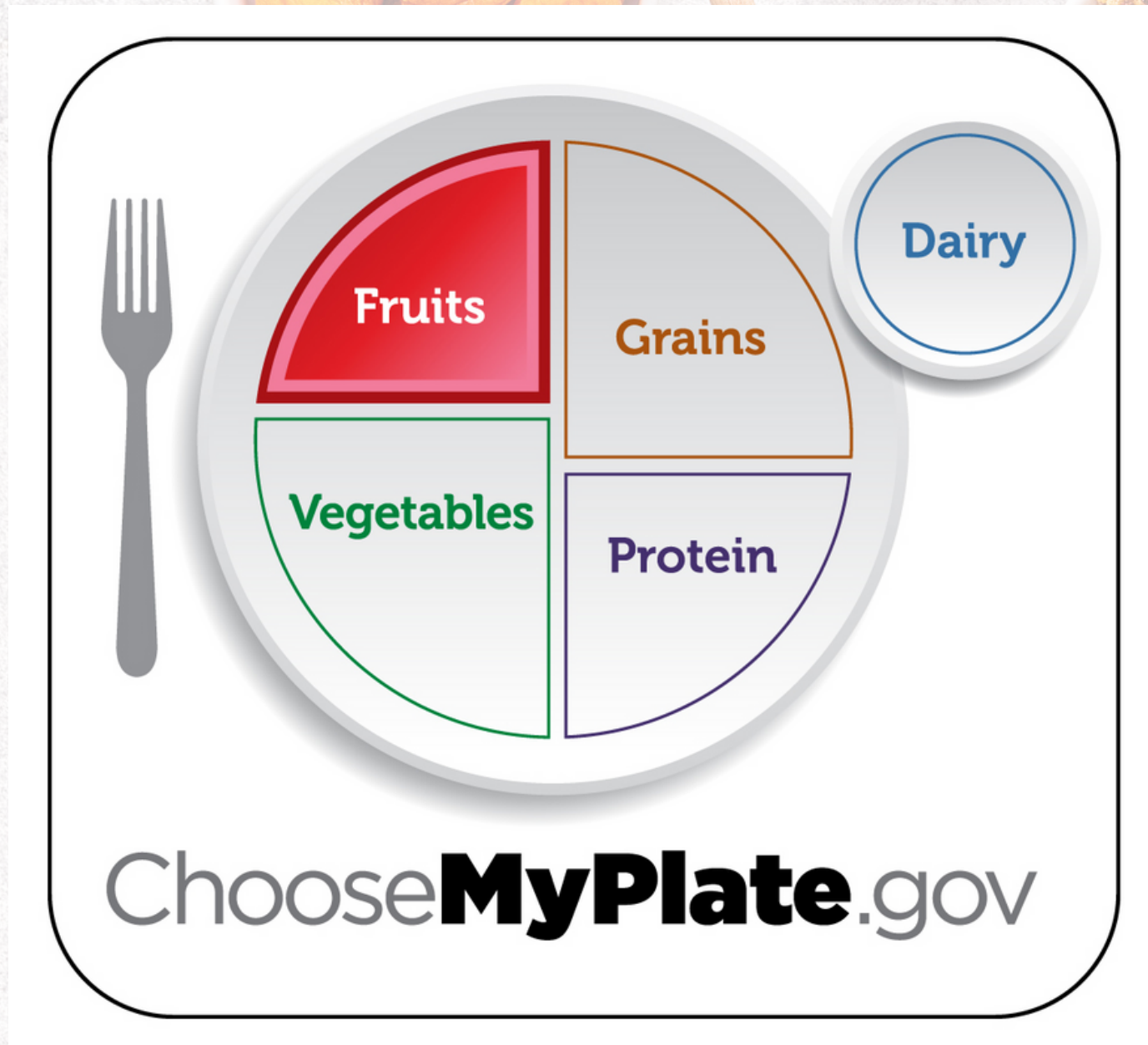
What equals 1 cup of vegetables?

IN GENERAL, 1 CUP EQUALS:

- 1 CUP OF RAW OR COOKED VEGETABLES OR 100% VEGETABLE JUICE
- 2 CUPS RAW LEAFY GREENS



How many fruits are needed daily?

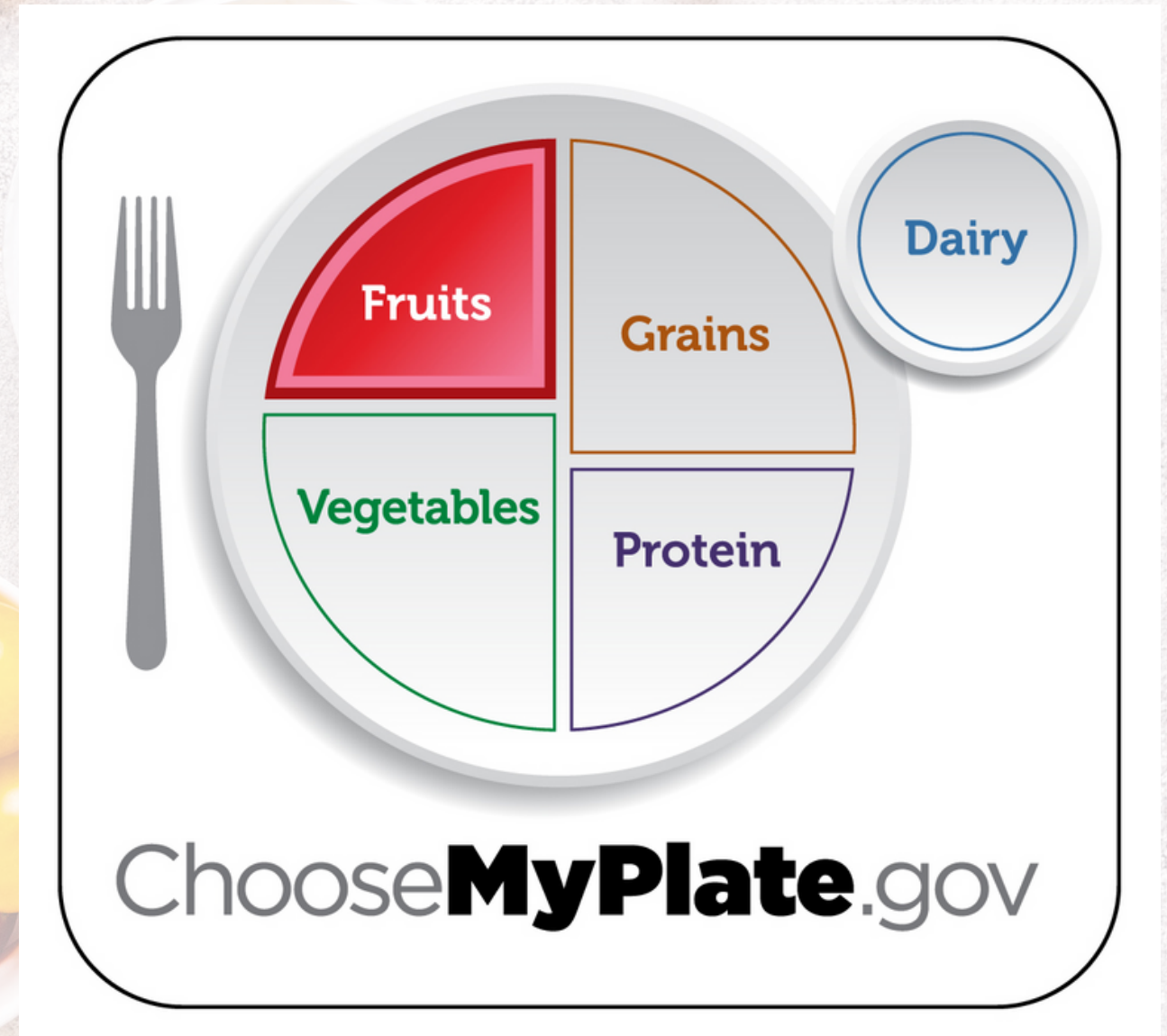


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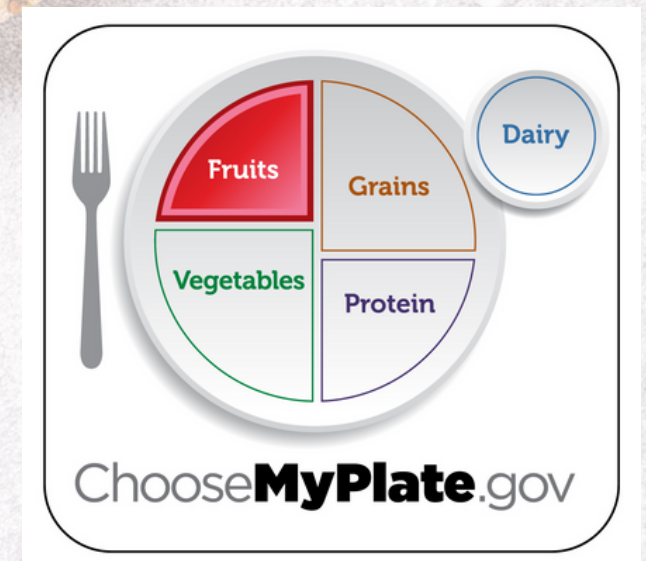


*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

What equals 1 cup of fruit?

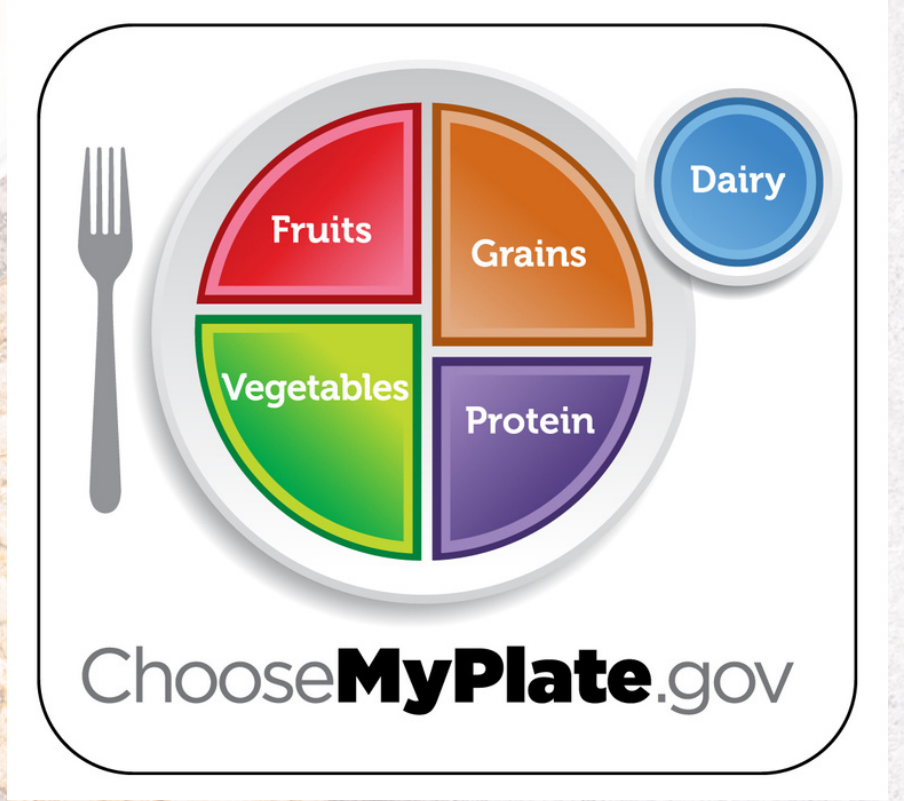
IN GENERAL, 1 CUP EQUALS:

- 1 MEDIUM PIECE
- 1/2 CUP CUT-UP FRESH, CANNED, OR FROZEN
- 6 OUNCES 100% JUICE
- 1/4 CUP DRIED



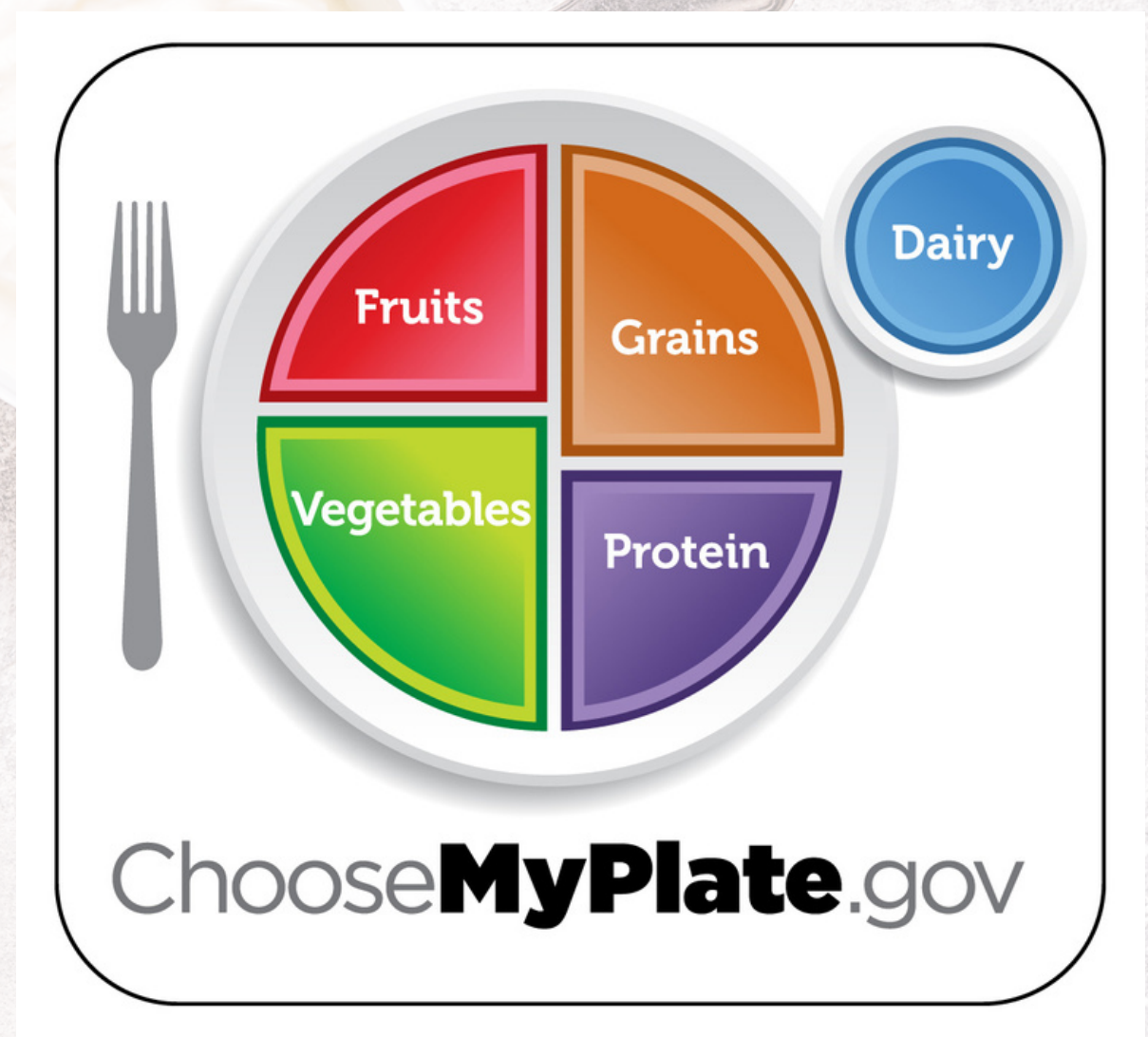
Other food groups to consider

- **GRAINS**
 - **WHOLE GRAINS**
- **PROTEINS**
 - **LEAN PROTEINS**
- **DAIRY**
 - **LOW-FAT/FAT-FREE**



Ask Yourself:

**DOES THIS SNACK ADD
TO A HEALTHY DIET?**



Get to Know Your Nutrition Facts Labels!

Look at fat, sugars, & sodium

Recommendations:

- Sugar: 10% or less of calories
- Fat: 10% or less of saturated fat
- Sodium: 2,300 mg/day or 1,500 mg/day pre-existing heart issues

Example: 2,000 calorie diet would mean,

- Sugar: 200 calories or 50 grams
- Fat: 200 calories or 50 grams
- Sodium: 2,300 mg or 1,500 mg

CLASSIC LAYS CHIPS 1 SERVING = 15 CHIPS



FATS: 10G
SUGARS: 1G
SODIUM: 170G

Calories	160
% Daily Value*	
Calories	160
Fat 10g	13%
Saturated 1.5g	7%
Trans 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Carbohydrates 15g	6%
Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin D 0mc	0%
Vitamin C	6%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%

Not a significant source of added sugars.

[HTTPS://WWW.LAYS.COM/PRODUCTS/LAYS-CLASSIC-POTATO-CHIPS](https://www.lays.com/products/lays-classic-potato-chips)

CLASSIC COKE 12 OZ



FATS: 0G
SUGARS: 25G
SODIUM: 30G

Nutrition Facts	
1 serving per container	
Serving size	1 Can
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 25g	9%
Total Sugars 25g	
Includes 25g Added Sugars	50%
Protein 0g	

* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

[HTTPS://US.COCA-COLA.COM/PRODUCTS/COCA-COLA/ORIGINAL/?GTO=CATALOG/20PAGE](https://us.coca-cola.com/products/coca-cola/original/?GTO=CATALOG/20PAGE)



Good Snacks are:

- NUTRITIOUS...PART OF YOUR OVERALL FOOD PLAN
- LOW IN EMPTY CALORIES
- EASY TO PREPARE
- ACCESSIBLE...ON HAND
- INEXPENSIVE

Lifestyle Tips

1. KEEP SNACKS SMALL



Lifestyle Tips

A collage of various healthy snacks and meals including nuts, fruit, yogurt, hummus, and vegetables.

2. KEEP TOTAL CALORIE INTAKE THE SAME & REDUCE THE SIZE OF MEALS AS YOU ADD SNACKS.

Lifestyle Tips

3. FOCUS ON THE SNACK WHILE EATING.

- SERVE SNACKS ON A PLATE OR DISH SO YOU KNOW HOW MUCH YOU'RE EATING.
- SIT WHILE YOU EAT.
- TURN THE TV OFF AND PHONES DOWN.



Lifestyle Tips

**4. EAT FEWER "SNACK FOODS"
...SUGARY SOFT DRINKS,
CHIPS, COOKIES, CANDY, ETC.**



Lifestyle Tips

**5. IF YOU MISS BREAKFAST,
HAVE IT FOR A SNACK!**



Lifestyle Tips

6. KEEP WHOLESOME, READY-TO-EAT FRUITS & VEGETABLES HANDY ON THE COUNTER OR IN THE FRIDGE.



Lifestyle Tips

7. KEEP FOOD SAFE

- WASH YOUR HANDS BEFORE PREPARING OR EATING SNACKS!
- WASH FRUITS & VEGETABLES BEFORE PREPARING, EVEN MELONS AND ORANGES!



Lifestyle Tips

7. KEEP FOOD SAFE (CONT.)

- CONTROL TEMPERATURES
 - HEAT LEFTOVERS TO 165F
 - LEAVE REFRIGERATED FOODS AT ROOM TEMPERATURE NO LONGER THAN 2 HOURS, 1 HOUR IF THE TEMP IS OVER 90F





GET YOUR MYPLATE PLAN!

The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight, and physical activity level. The MyPlate Plan is also available in Spanish.

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RESOURCES/MYPLATEPLAN](https://www.choosemyplate.gov/resources/myplateplan)

A top-down view of various healthy snacks arranged on a light-colored, textured surface. The items include: a whole red apple, a yellow banana, a bowl of cashews, a bowl of dried apricots, a bowl of granola, a bowl of white yogurt with a spoon, a bowl of blueberries, a bowl of honey with a wooden dipper, a bowl of cherry tomatoes, a bowl of almonds, a bowl of hummus with a spoon, a bowl of sliced celery and bell peppers, and several whole-grain crackers. The text is overlaid in a bold, orange font.

**SNACKING IS A WAY OF LIFE
FOR MOST OF US.
ENJOY FRUITS & VEGETABLES
AS SNACKS DAILY!**

Resources

- CHOOSE MY PLATE. (2020). MYPLATE. [HTTPS://WWW.CHOOSEMYPLATE.GOV/](https://www.choosemyplate.gov/)
- FOR SNACK RECIPES VISIT [MYPLATE KITCHEN](https://www.choosemyplate.gov/myplate-kitchen)
- DIETARY GUIDELINES ANSWERS YOUR QUESTIONS. (2020). [HTTPS://WWW.CHOOSEMYPLATE.GOV/NODE/5679](https://www.choosemyplate.gov/node/5679)



OKLAHOMA COUNTY
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