

# FOOD WORKS

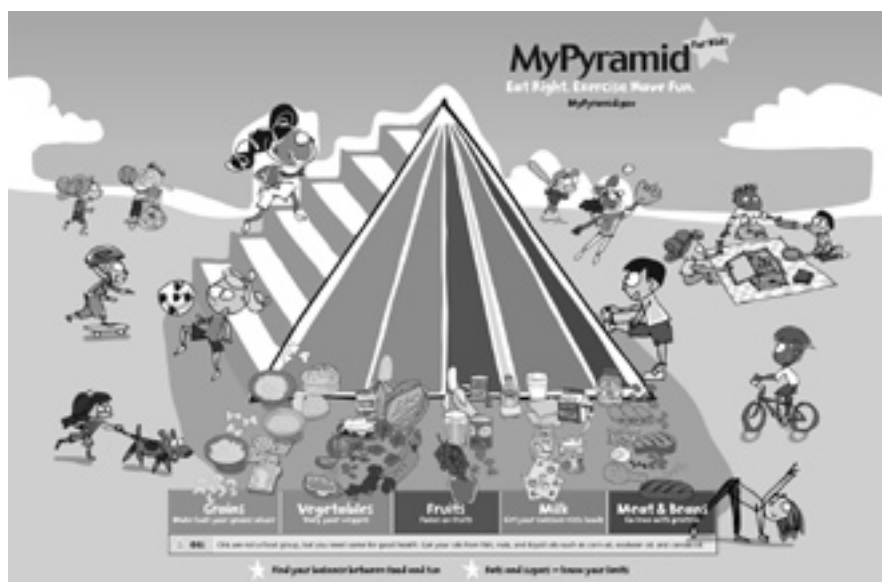
## KEY MESSAGES

1. Snacks are important in our diet.
2. Choose snacks from the food groups in MyPyramid.
3. Don't let snacks spoil your meals or provide too much fat or sugar in your diet.

## SNACKS

- Snacks are an important part of our diet.
- They can help us get the foods we need to stay healthy.
- You may have been told that snacks are bad for you. Snacks can be healthy. Examples of healthy snacks are milk, juice, fruit or raw vegetables, graham crackers and many, many more
- Snacks can be bad for you if they spoil your meals or if you get too much fat and sugar in your diet from the snacks you choose.

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# SNACKING MYTHS

## MYTH 1



**SNACKS ARE FATTENING.**

**FACT:** Eating a snack during a long stretch between meals can take the edge of hunger. Choosing your snacks wisely will make a difference.

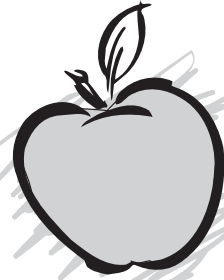
## MYTH 2



**SNACKING SPOILS YOUR APPETITE FOR MEALS.**

**FACT:** Eating a small amount of food, maybe an apple or half of a turkey sandwich, 2 to 3 hours before a meal will not spoil your appetite. But it may keep you from becoming too hungry. By eating a snack, you can be more in control of your food choices and less likely to overeat at your next meal.

## MYTH 3



**SNACKING CAUSES CAVITIES.**

**FACT:** Choosing foods that are not sticky and brushing your teeth afterward will help prevent cavities. Some foods such as cheese help prevent tooth decay.

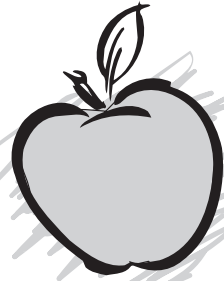
## MYTH 4



**SNACKING IS THE SAME AS EATING JUNK FOOD.**

**FACT:** Snacking on fresh fruits, vegetables, low fat cheeses and meats or crackers, can help fill in the gaps between meals and be a part of a healthy diet.

## MYTH 5



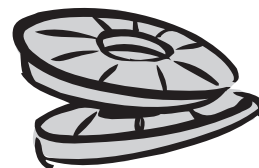
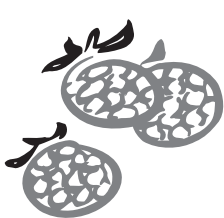
**HEALTHFUL SNACKING MEANS I CAN NEVER EAT POTATO CHIPS AGAIN.**

**FACT:** It's possible to eat fun foods and still follow a diet that is low in fat, but it requires a little planning. You can eat less fat at other meals to help budget in extra fat. For example, drinking nonfat milk instead of low-fat milk and using jam instead of a pat of margarine on toast will make room for 2 extra teaspoons of fat.

# WHERE DO SNACKS BELONG

WHERE DO THESE SNACKS BELONG ON MYPYRAMID? PUT YOUR ANSWERS ON THE PYRAMID ON PAGE 4.

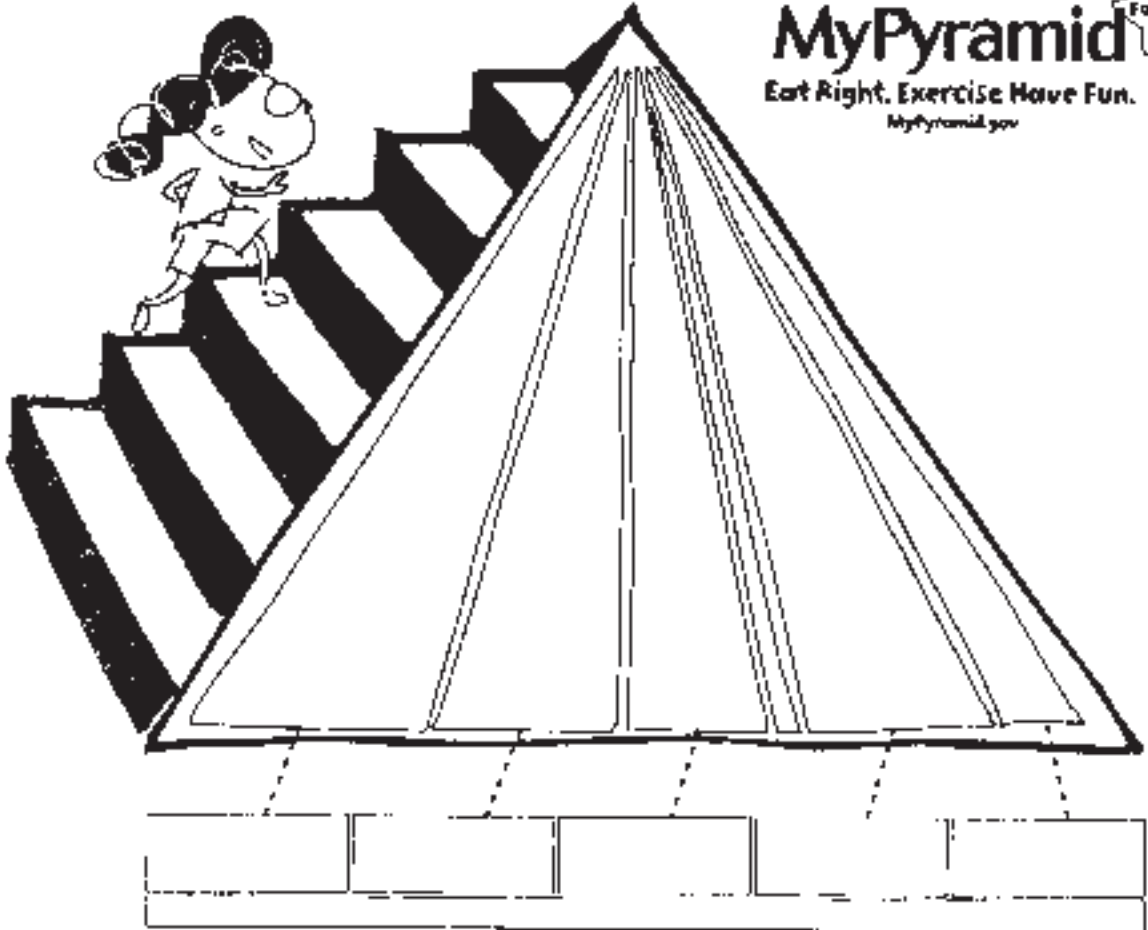
- a. Fruit juices, drinks, punches
- b. Milk
- c. Popsicles
- d. Ice cream
- e. Frozen yogurt
- f. Animal crackers, graham crackers
- g. Homemade cookies, cake, muffins
- h. Pudding made with milk
- i. Gingersnaps, fig bar cookies
- j. Angel food cake
- k. Candy like candy corn, gumdrops, hard candy
- l. Canned, fresh or dried fruit
- m. Vegetable sticks
- n. Air-popped popcorn
- o. Pretzels
- p. Peanut butter
- q. Add some of your favorite snacks. Where do they belong on MyPyramid?



# PYRAMID POWER AT HOME

Write the name of the food groups in the boxes below MyPyramid.

Power U



Visit the UT Extension Web site at  
<http://www.utextension.utk.edu/>  
and the Family and Consumer Sciences Web site at  
<http://fcs.tennessee.edu>

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Source:  
[www.nutrition.usda.gov](http://www.nutrition.usda.gov)

Food: U - University of Tennessee Extension - Family and Consumer Sciences

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