

Create Healthy-Snack Habits



CHALLENGE

Satisfy your hunger with healthy snacks

Requirements to complete this HEALTH CHALLENGE™

1. Read "Create Healthy-Snack Habits."
2. Create a plan to eat healthy snacks.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Ever had a snack attack?¹ It usually looks something like this...

At the end of a long day, you plop down in front of the TV with a bowl of ice cream.

When mid-afternoon rolls around, you take a trip to the vending machine for a candy bar, chips, and

soda. Maybe all three.

Every time you take a road trip, it's fueled by quickie-mart fare and fast food.

When you go grocery shopping, you toss "junk food" into your cart (chips, candy, cookies, soda, etc), and open a bag on your way home.

Sometimes you hit the drive-thru for a little something extra... after you've already had dinner.

And later you realize you've munched your way through a ton of empty calories. That ever happen?

For some people snacking might mean devouring an apple, baked kale chips, or a leafy-green salad washed down with a glass of water. If you're already a healthy snacker, keep it up.

But if you think your snack food choices may be to blame for packing on a few pounds or linked to other health problems, you can make a change.²

If you're thinking, "Yeah, right," you're not alone. But don't worry. There ARE lots of healthy snacks that taste good AND satisfy cravings. Take the month-long challenge to Create Healthy-Snack Habits.

Snack-Attack Survey

Are you a healthy snacker? Take the survey to find out.



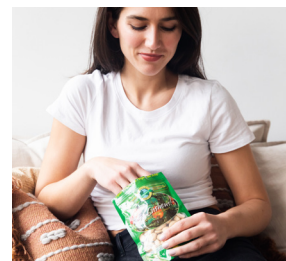
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1. When I have a snack-food craving, I usually eat whatever sounds good
2. I know someone who eats healthy snacks, but I think it takes too much time to eat that way.
3. I don't usually pay attention to food labels or serving sizes when I have a snack.
4. When I take a road trip, I eat whatever is available at gas stations, restaurants, and convenient stores.
5. I have a stash of candy bars, cookies, soda, chips and sweets at home/work.

How did you do? If you answered "yes" to any of these statements, your snack-food habits could be better. Snacking can be a good way to control calories, manage your weight, and improve your health. But only if you eat the right snacks. Want to make a change? Now is always the best time to start.

STOP...Are You Really Hungry?

Think about this question the next time you get the urge to tear open a bag of chips. Are you really hungry?



You might snack out of habit or because you're bored. Or maybe you need a snack to keep your blood sugar levels normal. Not sure? Keep a record of the snacks you eat and time of day you eat them. Then see if you can spot a pattern:

- Do you snack late at night, while stuck in a traffic jam, or in the afternoon?
- Do you find yourself reaching for snacks when you're tired, stressed, or feeling lonely?
- When you do decide to have a snack, is it healthy, planned, or impulsive?

Taking a closer look at your snack habits can help. And making small changes and simple swaps may be just the thing.³

Revamp your snacking habits <http://tinyurl.com/hvjoo6z>