

## Healthy Snacking Tips from A Registered Dietitian (10-minute segment)

*Review and approve with your internal marketing and communications before pitching to media.*

(My name is) and I am a Registered Dietitian at (Your Hospital/Business Name). March is National Nutrition Month and this year's theme from the Academy of Nutrition and Dietetics is Beyond the Plate. One of the main ways Americans eat Beyond the Plate is by snacking. According to the National Institute of Health, snacks contribute approximately one-fifth of our energy intake. Most U.S. adults enjoy between one to three snacks daily. Morning snacks are the least common with the average first snack occurring at 10:00AM. Lunch snacks range from 1:00-5:30 PM and are often successfully used to curb late afternoon hunger and manage through mid-day and after school activities. The last snack occurs between 8PM and midnight with a 9:00PM average.

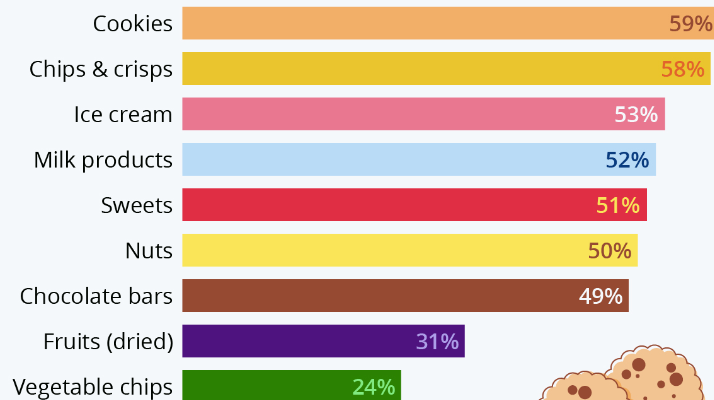
Activity: Bring a cookie on a 6-inch plate, individual bag of chips, small container of ice cream, yogurt, nuts, chocolate bar, dried fruit and veggies to the TV set. Ask the media person to arrange them based on what they guess to be the highest to lowest consumption rates. In turn you rearrange them based on Statista data.

A 2021 customer survey by Statista found that sweet snacks edged out salty by a mere one percent. Unfortunately, highly processed snacks such as cookies, chips and fatty desserts reigned supreme over healthier nut, fruit and vegetable options.

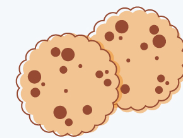
We know consumers expect snacks to serve multiple purposes. While the majority of us eat a snack to satisfy hunger between meals, some of us use them as a meal alternative. Busy on-the-go lifestyles are demanding quick, portable and easy-to-eat alternatives. Unfortunately for our waistlines, snacks are also still used as a reward or the item we reach for when we are stressed. It's important to keep in mind these three, healthy snacking tips.

### America's Favorite Snacks

U.S. adult snack eaters' answers to the question: "What kind of snacks do you eat regularly?"



n=640 U.S. adults that eat snacks at least once a week.  
Conducted December 6-15, 2021.  
Source: Statista Global Consumer Survey



## Healthy Snacking Tips

1. **Plan ahead.** Pack healthy snacks for work or school so that vending machines and checkout lanes don't sabotage your healthy intentions.
2. **Choose healthy and delicious.** As a Registered Dietitian, we encourage viewers to choose snacks that improve the quality of their diet, moving them towards better health, especially since they average 20% of our daily energy intake. Include food groups like vitamin, mineral and fiber rich fruits and vegetables and lean proteins like nuts and low-fat dairy while limiting the sweet and salty for special occasions.

Choose snacks that are both healthy and delicious such as Greek Yogurt, baby carrots, fresh fruit, a wedge of dark chocolate, String cheese, hummus and pretzels, 1 ½ ounces of nuts or popcorn. Pre portion items that you purchase in bulk.

3. **Be mindful.** Absent minded snacking in front of the TV, reading or at the keyboard can rack up calories quickly. Do a pre-snack temperature check. Are you indeed hungry or are you just thirsty and a glass of water will do the trick? Are you indeed hungry or are you eating out of fatigue, boredom or for emotional reasons?

Here's my personal favorite snack: (Insert yours)

See samples submitted from Michigan Dietitians or insert your own.

Thanks for celebrating National Nutrition Month with our Registered Dietitians across Michigan and we hope you enjoyed our snack healthy tips!

