



# FEELING GUILT ABOUT SNACKING? HERE'S ADVICE ON HEALTHY SNACKING

*There are many reasons for snacking and it is possible to integrate new routines and make proper food choices when it comes to snacking.*



## ADVICE ABOUT FOOD BEHAVIORS

Snacking does not have to be bad for your health. It depends really on how and what you eat... Healthy snacking can be possible and integrated as a new routine... as long as you follow some advice.

- **Snack only when you are hungry** (not only for pleasure or when you are stressed or bored, for example) **and eat slowly.**
- **Control the portion size of your snack** and avoid eating directly from large food packages or choose single serving items.



## SEARCH FOR NUTRIENT-DENSE\* SNACKS

- **Count on nutrient-dense foods for your everyday snacks** like fresh or dried fruits, yogurt, vegetables with low fat dip, nuts, whole grain crackers, cereals or bread... they are important to gain valuable nutrients like vitamin D, calcium, potassium, and dietary fiber which are currently lower than advised in our diet.
- **Avoid empty-calorie foods** and save for special occasions snacks that are high in calories, fat, sugar, or salt and lower in dietary fiber, vitamins, minerals (like sodas, cookies, cakes, chocolates, ice cream, chips, fried foods)

\*Nutrient-dense foods are foods full of valuable nutrients, such as vitamins, minerals and fiber. Currently many people's diets are full of energy, so called 'empty calories', but are poor in nutrients. These nutrient-dense foods contribute to satisfactory intakes of nutrients.



## YOGURT: A HEALTHY SNACK CHOICE



Yogurt and milk are the **second-most nutrient-dense\* group of foods, behind vegetables and fruits.**



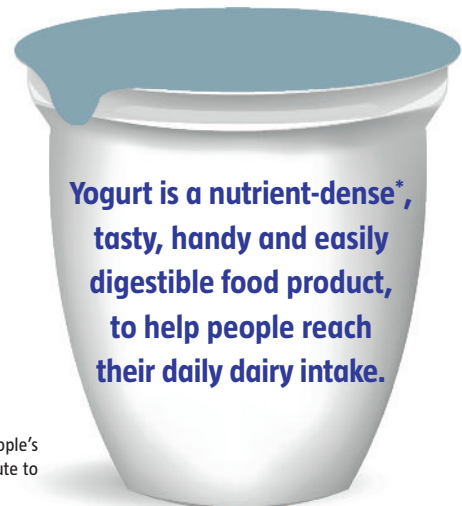
Yogurt **provides bacteria** that are good for your health and is **an excellent source of protein and essential minerals**, such as magnesium, calcium or potassium.



Yogurt offers a more **easily digestible alternative to milk** for those who are lactose intolerant.



The consumption of most dairy products, including yogurt, is associated with a **reduced incidence of type 2 diabetes, improved bone health and reduced risk of cardiovascular diseases.**



**Do not hesitate to check with your healthcare provider.**

### Sources

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Gaucheron F. Milk and dairy products: a unique micronutrient combination; J Am Coll Nutr; 2011; 30(5S1):400S-409S  
[www.yogurtinnutrition.com](http://www.yogurtinnutrition.com) : practical sheet about lactose intolerance