



## TANTALIZING TIDBITS FOR TEENS

### SNACK ATTACK

*The food we eat - at mealtime and between meals - furnishes the nutrients needed for good health. Snacks should be carefully selected to fit our daily needs.*

Most Americans used to eat three meals a day. In recent years our eating behavior has been changing. Many of us now have busy schedules and spend less time at home. As a result we often grab a snack and eat "on the run" wherever we happen to be.

Q. *What is a snack?*

A. Originally a snack meant a "bite" or a "taste." We now think of snacks as light, informal meals. Snacks may substitute for traditional meals - or be eaten in addition to meals.

Q. *Why do people snack?*

- A. \* Snacks satisfy our appetites between meals. Teens who are growing rapidly often need the extra calories that snacks provide.
- \* Snacks are an important part of sociability. Food is often served at parties and meetings. Also, we are accustomed to snacking during our leisure time: popcorn at movies, hot dogs at sports events, cotton candy at carnivals, "munchies" in front of the television.
- \* Snacks are quick and convenient nourishment when time is limited.

Q. *Is snacking bad for us?*

A. Snacks often contribute a large share of the calories in our diets. There is nothing wrong with this IF the snacks fit YOUR needs:

**SNACKS SHOULD PROVIDE THE NUTRIENTS YOU NEED FOR GOOD HEALTH.**

Each day your body requires:

- 4 servings of fruits and vegetables (for vitamins A and C)
- 4 servings of breads and cereals (for B vitamins and iron)
- 4 servings of milk and milk products (for protein, calcium and riboflavin)
- 2 servings of meat and meat alternates (for protein, iron and B vitamins)

If your meals are missing nutrients, choose appropriate snacks to fill the gaps.

**SNACKS SHOULD HELP YOU MAINTAIN A DESIRABLE WEIGHT.**

High calorie snacks are good choices if your body needs extra energy (such as during periods of rapid growth).

Low calories snacks are good choices if you are watching your weight.



## SNACKS SHOULD PROMOTE GOOD DENTAL HEALTH.

Sugar contributes to tooth decay. This is a particular problem when sweet foods stay on your teeth for a long time. Sticky snacks may not be good choices if you aren't able to brush your teeth soon.

Q. *What snacks are good choices for teenagers?*

A. A recent survey has shown that the diets of many Oregon teenagers are low in calcium, iron and vitamins A and C. Snacks can provide these missing nutrients:

Nutrient	Some Snack Ideas
<b>CALCIUM</b> Builds bones and teeth Helps keep nerves, muscles, and heart functioning properly	Milkshakes Milk puddings Cheese cubes Yogurt
<b>IRON</b> Forms red blood cells (in combination with protein)	Hard-cooked eggs Meat sandwiches (roast beef, etc.) Fried chicken Whole-grain muffins Fortified breakfast cereals Dried apricots
<b>VITAMIN A</b> Helps eyes adjust to dim light Helps keep exposed surfaces (exterior skin and interior tissues) healthy	Carrot sticks Apricots, peaches Watermelon or canteloupe wedges
<b>VITAMIN C</b> Helps hold body cells together Helps wounds heal	Tomato juice Citrus fruits or juices Strawberries Green pepper rings

### SOME ACTIVITIES FOR TEENS

1. Keep a record of snacks eaten for one week.  
What did you eat? When and where did you snack?  
Did your snacks provide nutrients you needed?  
Are there changes you would like to make in your snack habits?
2. Make a list of high calories snacks and low calories snacks. Underline three snacks which you believe are more likely to cause tooth decay than the other snacks you have listed.
3. Take a survey of snack foods sold in vending machines.  
Where are the vending machines located?  
What kinds of food are available?  
What is the nutritional value of the foods?  
Would you recommend changes in the type of foods available?

### *Reference*

- G 72 Nutritive Value of Foods (\$1.05)  
(Available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402)