

What's Your Snacking Habit?

Check off (✓) all the reasons why you snack.
Then add up the number of responses in each section.

Section 1

I snack when I...

- Feel hungry
- Eat dinner late
- Miss lunch
- Feel lightheaded and tired
- Eat a light breakfast
- Am too busy to eat a meal
- Miss breakfast
- Hear my stomach growling
- Eat a light lunch
- Eat a light dinner

TOTAL _____

Section 2

I snack when I...

- Feel bored
- Feel stressed out
- Need comfort
- Feel lonely
- Have a hard day at work
- Feel anxious
- Feel joyful, excited
- Feel frustrated
- Need to lift my spirits
- Feel like celebrating

TOTAL _____

Section 3

I snack when I...

- Am offered snacks
- Talk on the phone
- Am watching TV
- See food that looks good
- Am preparing food
- Go to parties
- Am in the car
- Am at my desk
- See someone else snacking
- Am avoiding something unpleasant

TOTAL _____

Which section had the largest number of check marks?

Section 1: You snack because of a physical need for food. If you snack because you are hungry to too busy to stop for a meal, then snacks play an important role in meeting your need for food -they should be part of your daily meal plan. Plan ahead for snacks rather than grabbing food impulsively. Think of snacks as mini-meals and coordinate them into your overall diet.

Section 2: Emotional triggers may be influencing your snacking habits: these triggers often lead to overeating. If you snack because you are bored, unhappy, angry or upset, then snacking can become a problem. Try to find other ways to deal with your emotions. Physical activity (taking a walk, riding a bike, jump rope, dancing) can be a great outlet.

Section 3: Habits or unconscious behaviors are playing an important role in why you snack. These routines can often result in overeating. If you snack while participating in a certain activity, first become aware that you are doing it, then try to make changes. Instead of eating, try a new activity or at least substitute lower calorie nutritious foods for the higher calorie ones. Watch your portions!



Mix and Match Snacks

A healthy snack should be about 200 calories. Healthy snacks provide essential nutrients, help maintain blood sugar and energy levels, and help prevent overeating at meal time.

Use the chart below to create a well-balanced, delicious snack.



Whole Grains: Choose 0 to 1

Mini pitas
Plain or lightly salted popcorn
Pretzels
Whole grain toast
Plain or flavored rice cakes
Low sugar cereal
Graham crackers or whole grain crackers
Homemade whole grain muffin or slice of quick bread
Nature's Promise® Organic Cheddar Ducks Baked Snack Crackers or other whole grain shaped crackers

Fruits and Vegetables: Choose 1 to 2

Fresh fruit
Fresh vegetables
Fruit cups packed in juice
Hannaford Unsweetened Applesauce
Smoothie (fruit and vegetable based)
Frozen fruit bars
Dried fruit (1/4 cup)
Steamed edamame

Protein and Healthy Fats: Choose 1 to 2

Stonyield® Organic Yogurt
Cheese sticks or cheese rounds
Low-fat/Fat-free milk
Cedar's® Hommus
Nature's Promise® Natural Peanut Butter
Planters Lightly Salted Nuts (1 oz.)
Hard boiled egg
Hannaford Walnuts (1 oz.)
Avocado wedge
Guacamole

Voilà ... a healthy snack!

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