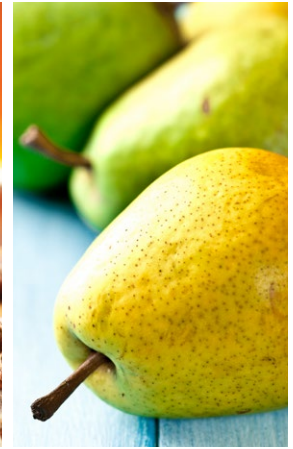


# SNACKING JUST GOT SMARTER



Snacking has become nearly universal behavior—according to data from national consumer surveys, 94% of Americans are snacking at least once a day<sup>1</sup> and 50% of consumers report that they eat three to four snacks a day.<sup>2</sup> In the midst of high-calorie, low-nutrient options, the right snack choice can make all the difference for your health.



## SNACK SMART TO MEET YOUR GOALS

Whether you are striving to lose weight, manage diabetes or simply make healthier choices, you can move the needle from mindless munching to successful snacking by putting these tips into practice. A healthy handful of almonds (about 23) provides a delicious combination of hunger-fighting protein (6g), filling fiber (4g) and good\* fats for a convenient snack with a satisfying crunch.

In fact, a study conducted by researchers from the United States Department of Agriculture (USDA) provides a new understanding of almonds' calorie count, showing that both roasted and unroasted almonds provide fewer calories than previously thought—and that the number of calories is largely dependent on form. Compared to the number of calories listed on nutrition labels, 25% fewer calories are actually absorbed from whole unroasted almonds, and 17% to 19% fewer calories are absorbed from roasted almonds.<sup>3</sup> While the composition of almonds hasn't changed, researchers used a new method of measuring the calories in almonds, which built on traditional methods and allowed them to determine the number of calories actually digested and absorbed from

almonds. Further research is needed to better understand how this technique could potentially affect the calorie count of other foods.

## PRACTICE MAKES PERFECT

Put smart snacking into action with these handy tips:

- **Choose wisely:** Select snacks that will fill nutrient gaps; avoid snacks that may be low-calorie or low-fat\* but devoid of nutrients.
- **Drink up:** Staying hydrated is just as important as fueling your body consistently; stick to hydrating low-calorie beverages like still or sparkling water or iced tea for the bulk of your fluid needs. Add a splash of 100% fruit juice for flavor.
- **Timing is everything:** Don't wait too long between meals; it could lead to overindulging later.
- **Keep it convenient:** Make healthy snacks visible and accessible; you'll be more likely to grab them when hunger strikes.
- **Portions matter:** Too much of a good thing can still be too much; stick to appropriate portion sizes.
- **Plan ahead:** Whether it's keeping the car, desk or travel bag stocked, planning ahead can save time and keep you on track.

\*U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated.

1. Hartman Group. Spotlight on Snacking. March 15, 2015.

2. Mintel. Snacking Motivations and Attitudes, U.S. 2015.

3. Gebauer SK, Novotny JA, Bornhorst GM, Baer DJ. Food Processing and Structure Impact the Metabolizable Energy of Almonds. *Food & Function*. 2016, 7 (10): 4231-4238.

# SNACKING FOR SUCCESS



Snacking can be a healthy habit and a nutritious part of your day. The ideal snack contains fiber, protein and good\* fats that act in unison to keep you satisfied between meals. By determining how hungry you are and what you are craving, you can plan for delicious and satisfying snacks that offer countless health benefits.

## HOW HUNGRY ARE YOU?

Successful snacking starts with being mindful about your hunger. Use this scale to determine your hunger level; experts recommend reaching for a snack when you are around a 3 on the scale below!



## WHAT DO YOU CRAVE?

Capitalize on your cravings to make the most of what you want and need. With their craveable, buttery taste and one-of-a-kind crunch, almonds pair perfectly with all kinds of other ingredients and come in a variety of forms, like whole, slivered, sliced, chopped, blanched, butter, flour and milk. Use these snack ideas to satisfy your cravings for sweet, savory, creamy or crunchy for under 200 calories each.

	CAR	PURSE OR GYM BAG	HOME	WORK
SWEET	<ul style="list-style-type: none"> <li>• 2 Almond Butter Cookies<sup>+</sup></li> <li>• 1 fruit leather rolled with 1 tbsp of almond butter</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz of Honey Crystal Almonds<sup>+</sup></li> <li>• 1 1/2 oz of trail mix</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Almond Fruit Muffin<sup>+</sup></li> <li>• 1 apple, sliced and topped with 1 tbsp of almond butter and 2 tsp of honey</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 3 pieces Chocolate Almond Biscotti<sup>+</sup></li> <li>• 1 low-fat pudding cup topped with 2 tbsp of sliced almonds</li> <li>• _____</li> </ul>
SAVORY	<ul style="list-style-type: none"> <li>• 14 Parmesan Almond Crisps<sup>+</sup></li> <li>• 8 whole-wheat crackers with 1 oz of low-fat cheese</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 20 Savory Cheese and Almond Straws<sup>+</sup></li> <li>• 1 oz of pretzels with 1 tbsp of almond butter</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz pita chips with 2 tbsp of Mediterranean Almond Dip<sup>+</sup></li> <li>• 1 cup air-popped low-fat popcorn with 2 tbsp dried cranberries</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz of Jalapeño Almonds<sup>+</sup></li> <li>• 16 baked tortilla chips with 4 tbsp of ready-to-serve salsa</li> <li>• _____</li> </ul>
CRUNCHY	<ul style="list-style-type: none"> <li>• 12 Almond Rosemary Crackers<sup>+</sup></li> <li>• 3/4 cup of baby carrots with 3 tbsp of hummus</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Reduced Fat Almond Biscotti<sup>+</sup></li> <li>• 4 crispy crostini topped with 3 tbsp of bean relish</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 cup of Crunchy Almond Granola<sup>+</sup></li> <li>• 12 low-fat rice crackers with 1 oz of low-fat flavored cheese</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1 oz of Spiced Almonds<sup>+</sup></li> <li>• 1/2 cup edamame with sea salt</li> <li>• _____</li> </ul>
CREAMY	<ul style="list-style-type: none"> <li>• 1 Almond Milk Smoothie<sup>+</sup></li> <li>• 8 oz of low-fat yogurt with 1/4 cup of low-fat almond granola</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 almond butter and jelly sandwich</li> <li>• 1 cup of fresh vegetables with 2 tbsp of low-fat ranch dressing</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of fresh vegetables with 2 tbsp of Almond Blue Cheese Spread<sup>+</sup></li> <li>• 1/2 cup of low-fat frozen yogurt topped with 2 tsp of roasted, sliced almonds</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• 8 oz of low-fat vanilla yogurt with swirl of 1 tbsp of almond butter</li> <li>• 2 pieces of low-fat string cheese with a handful of dried fruit</li> <li>• _____</li> </ul>

\*U.S. Dietary Guidelines recommend that the majority of your fat intake be unsaturated. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

1. Massachusetts Institute of Technology Medical Wellness: Hunger Scale.

+ Find these craveable recipes and more at [Almonds.com](http://Almonds.com)

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