

SNAC's Best Bites: *Snack List*



Want to eat a healthy snack that fills you up quickly? Have a long day on-campus and very hungry and tired by the time you get home? The Student Nutrition (& body image) Action Committee (SNAC) has come up with a list of healthy, filling, and tasty snacks – our “Best Bites”! We encourage and empower students to make healthy lifestyle choices so they can feel and perform their best. One of these choices is snacking at regular intervals throughout the day. Healthy snacks keep your brain and muscles energized, keep your metabolism revved up, and prevent over-hungriness and overeating later.

Healthy snacking is easy when we keep these tips in mind:

- Be mindful of WHY you're snacking. Before you grab food, ask yourself whether you're truly physically hungry. Or, are you bored, stressed, or wanting to eat for other emotional or recreational reasons? If you are truly hungry, then refuel yourself with a small snack. If it's boredom or stress, find something else to do.
- Pay attention to portion sizes. Remember that for weight control, it is not so much what you eat, but how much you eat.
- Aim for high satiety value. Protein, fat, and fiber keep you feeling full. Protein also raises levels of brain chemicals that keep you more alert and awake (much needed!). If you eat just carbs by themselves, you will raise levels of brain chemicals that make you sleepy.
- Seek out nutritional quality. Choose foods that are low in saturated/trans fat (which tend to raise blood cholesterol and heart disease risk) and rich in vitamins, minerals, fiber, and phytonutrients (disease-fighting plant chemicals found in veggies, fruits, & whole grains).
- Keep in mind that snacks don't always have to be “nutritional power-houses” to fit into a healthy eating plan. All snacks, including Krispy Kreme donuts, can fit in as long as you pay attention to portion sizes. If you allow yourself to eat your favorite foods once in a while, you won't feel deprived.

Did you know that a random survey of 152 UCLA students showed that, on average, **men snack 2 x / day** and **women snack 3 x / day?**

Guess what??? **It's important to snack** throughout the day on good fuel sources to keep your body and mind going.

Each snack listed provides between 100-300 calories per serving, has no more than 2 grams of saturated and/or trans fat per serving and contains at least 7 grams of protein and/or 2.5 grams of fiber per serving – which both contribute to satiety. The snacks were also tested to make sure they taste delicious, convenient to access, and not too expensive. Fuel your brain and body with one of SNAC's “Best Bites!”

Guess what? The overall favorite snack of surveyed UCLA students was...

FRUIT !

Fruit is one of SNAC's Best Bites too, and it is a delicious, nutritious snack that can be eaten in all sorts of ways. Remember, you can take a piece home with you every time you eat in the Residential Dining Restaurants!

Snack	Serving Size	Calories	Protein	Saturated Fat	Fiber	Comments
Edamame (boiled soybeans)	½ c.	120	10 g	1 g	5 g	Soy protein is heart healthy.
String cheese & orange	1 oz. cheese & 1 orange	127	9 g	3 g	2.5 g	A good source of calcium.
Reduced fat Triscuits	8 crackers	130	3 g	0.5 g	4 g	Made with <i>whole</i> grains.
Whole wheat pita w/ hummus	1 small pita w/ 2 T.	144	5 g	1 g	3 g	
Turkey breast on whole wheat	2 oz. on 1 slice bread	150	13 g	0 g	3 g	Be sure to buy 100% <i>whole</i> wheat bread.
Kashi Go Lean cereal w/ fat free milk	¾ c. cereal w/ ½ c. milk	165	12 g	0 g	10 g	This cereal provides 6.5 g of soy protein per serving.
LF cottage cheese w/ canned fruit	½ c. of each	170	14 g	1.5 g	3 g	A great source of protein.
Apple w/ peanut butter	1 apple w/ 1 Tbsp.	180	4 g	1.3 g	4 g	Look for 100% <i>all natural</i> peanut butter to avoid trans fat.
*Taco Bell or Rubio's chicken soft taco	1 taco	180	14 g	2 g	3 g	At Rubios, ask for the "HealthMex" version.
*Almonds, raw	1 oz. (¼ c. or 22 almonds)	181	6 g	1 g	4 g	A great source of vitamin E.
Campbell's Healthy Request minestrone soup	1 can (10.75 oz.)	200	6.5 g	0 g	6.5 g	Read labels, and pick brands with less sodium.
Reduced fat Triscuits w/ canned tuna	8 crackers w/ 3 oz. can tuna	210	21 g	0.5 g	4 g	Buy tuna packed in water (not oil).
English muffin cheese pizza	2 halves w/ 3 T. tomato sauce & 3 T. grated cheese	218	8.5 g	2.6 g	1 g	For less saturated fat, try low fat cheese. And, top with veggies.
Peanuts & raisins	¼ c. nuts & 2 T. raisins	230	8 g	2 g	4 g	
*Clif Bar (choc. peanut crunch)	1 bar	250	11 g	2 g	5 g	Made w/ whole grains unlike most bars. Fortified w/ calcium.
Power Bar Harvest Bar (chocolate)	1 bar	260	7 g	2 g	3 g	
*Trail mix	2 oz. (1/2 c.)	260	10 g	2 g	2 g	
Yoplait LF fruit yogurt w/ Kashi	1 carton yogurt w/	265	10.5 g	0 g	4 g	Yogurt is an excellent source of calcium.

Go Lean Crunch	½ c. cereal					
Amy's vegan bean burrito	1 burrito	280	9 g	0.5 g	5 g	

* Available on campus.

Did you know that the majority of surveyed UCLA men and women prefer **sweet snacks** over all other types of snacks? Don't feel bad about that occasional sweet treat because all foods can fit into a healthy balanced eating plan.

All Foods Can Fit

Chips, cookies, ice cream, candy, and chocolate were all favorite snacks among the students we surveyed. While none of these foods are very nutrient-packed, they certainly taste good! And, they CAN easily fit into a healthy eating plan when a craving strikes. Just be sure to keep your portion size reasonable, and enjoy these snacks only a couple times a week.



	Serving Size	Calories	Saturated Fat	Comments
Ben & Jerry's Ice Cream	½ c. (1 small scoop)	290 Cal.	10.5 g	<ul style="list-style-type: none"> ✓ Fair source of calcium (provides 10% DV). ✓ If you crave frozen desserts regularly (or prefer > ½ c. servings), opt for low fat ice cream, sherbet, sorbet, or frozen yogurt).
Mrs. Fields Choc. Chip Cookie	1 cookie	250 Cal.	8.0 g	<ul style="list-style-type: none"> ✓ Go out and buy ONE gourmet cookie when a craving strikes vs. a whole box of smaller cookies on sale at the grocery store. ✓ It's harder to portion-control when you have a whole box sitting around.
Doritos Nacho Chips	1.6 oz. (1/2 of a 99¢ bag)	245 Cal.	1.8 g	<ul style="list-style-type: none"> ✓ Share a small bag with a friend. ✓ If you crave crunchy/salty snacks regularly, opt for baked chips or pretzels.
Hershey's Chocolate Bar	1.5 oz. bar	230 Cal.	9.0 g	<ul style="list-style-type: none"> ✓ For just a taste of chocolate every day, enjoy 1 Hershey kiss after dinner (just 26 little calories and 1 gram of saturated fat).
Gummy Bears	1.5 oz. (1 small)	150 Cal.	0 g	<ul style="list-style-type: none"> ✓ No fat or saturated fat, but no nutrients either (just added sugar).

	<i>bag</i>			<ul style="list-style-type: none">✓ Try a dried fruit medley to satisfy your chewy/sweet craving with more nutrients.✓ Be sure to brush your teeth afterwards!
--	------------	--	--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------