



Q&A: Snacking Habits

Are your snacking habits helping or hurting your healthy lifestyle?
Put a check next to the statements you find mostly true.

Questions:


- I often snack while I work or watch TV.
- I snack when I need a break from my work even if I am not hungry.
- I often find myself splurging on doughnuts, candy bars, or chips in between meals.
- I usually snack on fruit, vegetables, or whole grains.
- I snack only when my body feels hungry.
- I tend to mindlessly grab small amounts of food here and there throughout the day.
- I like to join my friends or employees for a snack break even when I am not hungry.
- I never really feel hungry.
- I often eat candy from a jar on my desk to hold me over till lunch.
- I make sure my snacks fit into one of the food guide pyramid groups.
- I rarely snack on fruits and vegetables.
- I like to read something while I eat.
- Sometimes I eat just because I am in the mood or I am bored.
- I avoid the vending machine so I'm not tempted to select a high- calorie snack.




Answers:

Find out what your snacking habits mean


BLUE STATEMENTS

 If you checked mostly blue statements you may have “Eating Amnesia”—You grab a little bit of this and a little bit of that throughout your day and you snack while you work, read, or watch TV. This behavior can lead to overeating because it’s easy to lose track of how much you eat. To avoid eating amnesia, be aware of what you are putting in your mouth. Take a break from your desk to really enjoy a snack and instead of grabbing foods here and there, put a set amount on a plate and sit down to eat it. You could also try writing down everything you eat for a day.


GREEN STATEMENTS

 If you checked mostly green statements you tend to snack for fun—You snack because you are bored or need a break from work. When you eat for other reasons besides hunger, calories can add up quickly. Next time you have the munchies ask yourself, “Why am I eating this?” The only answer should be “because I am hungry.”

PURPLE STATEMENTS

 If you checked mostly purple statements you often eat high-calorie, low-nutrient snacks—You often eat foods from the vending machine, doughnuts left over from a meeting, or candy from a jar. Instead of high-calorie snacks like these that provide little or no nutrients, try snacks like fruits, vegetables, and whole grains. Stock your drawer with healthy snacks in place of a candy jar. When choosing a snack, think about how it will fit into your food guide pyramid checklist.

RED STATEMENTS

 If you checked mostly red statements, congratulations! You are a conscious eater. You eat when you are hungry and stop when you are satisfied. Being aware of what you eat and enjoying it contributes to a healthy lifestyle. Overeating and guilt are unlikely with this kind of behavior. You choose a variety of foods and make sure they fit into the food guide pyramid. Congratulations, you have healthy
