

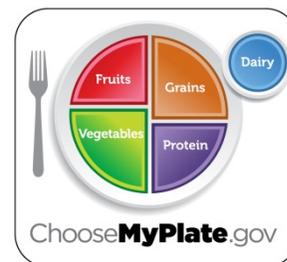
2011 4-H Consumer Choices Study Guide Junior and Senior Division

Breakfast Cereals

Introduction and Background

Have you heard of the "most important meal of the day?" That's breakfast.

A healthful, balanced breakfast can give you the energy you need to do well in school. If you do not eat breakfast, you are more likely to feel tired, restless and even crabby.



With so many breakfast foods out there, how do you know which ones are the most healthful options? Think about the food groups shown on MyPlate (grain, vegetable, fruit, milk, and meat and beans) and some foods you like from each group. Which foods would you enjoy for breakfast? For more information check out the MyPlate website www.myplate.gov

Let's take a closer look. What breakfast cereals are in your cupboards? Sweetened cereals are marketed skillfully to today's youth. The breakfast cereal aisle at your grocery store is loaded with colorful boxes and bags of dry cereal. The bright colors and cute cartoon characters on the packages may get your attention. Look beyond the advertising to find out what cereals are best for you.

Some Types of Breakfast Cereals

While many types of breakfast cereals are available, most of them can be broken into just five main categories.

Whole-grain Cereal

Nutrition experts recommend that we make half our grain choices whole-grain. Whole grains are an excellent source of fiber. Identify whole-grain products by reading the ingredients listing on the food label. You cannot identify whole grains by the color of the food. Examples of whole grains are whole barley, brown rice, bulgur (cracked wheat), whole wheat, oats and rye. Look for the whole-grain or made with whole grain cereals. Examples such as Cheerios, Kashi and Shredded Wheat feature whole grains with very little or no added sugars. To identify a whole-grain cereal, you can look for the health claim. Researchers at Columbia University Medical Center have found that oat-based whole-grain cereals can help reduce blood cholesterol and aid in heart health. Other whole grains, such as whole wheat, can help you feel full and satisfied as you start your day.



Hot Cereal

Hot cereals such as oatmeal, Cream of Wheat and Malt-O-Meal are a warm, comforting and wholesome way to enjoy breakfast. Some hot cereals are available in wholesome, unsweetened versions as well as instant, sweetened versions. By buying unsweetened, whole-grain hot breakfast cereals, you can add naturally sweet fruit or a drizzle of honey for a touch of sweetness.

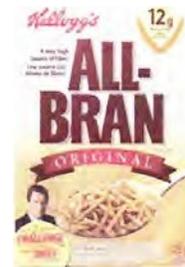


Ready-to-eat Cereal

Many ready-to-eat cereals such as Corn Flakes and Rice Krispies are not made from a whole grain. These cereals are fortified and enriched to include some of the nutrients that we get from whole grains.

Bran Cereal

Bran cereals, such as Raisin Bran, Fiber One, All-Bran and Bran Flakes, are high-fiber offerings for your breakfast table. Fiber can help you keep feeling full and aid in digestion and regularity. Are you getting enough dietary fiber in your daily diet? Consider adding a bran-based cereal to your morning routine. When adding fiber to your diet, add it slowly and drink plenty of water.



Sweetened Cereal

Sweetened cereals sometimes are called "candy cereals," and they often are placed at a child's eye level in the grocery store. Check the ingredient label for added sweeteners, which may be listed as sugar, brown sugar, honey, molasses, high-fructose corn syrup, dextrose, sucrose, maltose or fruit juice concentrates.



If you enjoy sweetened cereals such as Reese's Puffs, Fruit Loops and Lucky Charms, have them as an occasional fun treat but not on a daily basis. Or mix sweetened cereals with unsweetened cereals. Many nutrition experts recommend that we look for cereals with 8 grams or less of sugar per serving. Look at the Nutrition Facts label and compare grams of sugar among types of cereal.

Organic Cereal

Nature's Path, EnviroKidz and Cascadian Farm are examples of organic cereal brands. Organic food is produced without using pesticides and fertilizers. Organic foods also cannot be genetically engineered. Compare the Nutrition Facts labels to help you decide if the added cost is worth the possible benefit to your health.



Questions to Ask Yourself

- Do you "make half your grains whole"? MyPyramid teaches us to make at least half of our grain food choices whole grains. For kids and teens, this means trying to eat at least 3 ounces of whole grains each day.
- How do you know if a food has whole grain? Look for a couple of clues.

1. Look for the word "whole" before grain on the ingredient list. It is usually under the Nutrition Facts panel. For example, the ingredient list for Cheerios is: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch.
 2. Look for a "health claim" on the package. Some whole grain foods also carry a health claim, such as this: *"Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, may reduce the risk of coronary heart disease."*
- ! Do you like colorful cereal that is very sweet? Many cereals have lots of added sweeteners. We all can enjoy some sweet treats, but not if it crowds out healthier foods. Go for the nutrition bonus by enjoying naturally sweet fruit on your whole-grain cereal. Raisins or other dried fruits will add to the amount of sugar shown on the Nutrition Facts panel. This natural sugar is not distinguished from added sugars, so you only can estimate the amounts of natural versus added sugars.
 - ! Check the list of ingredients to help you determine how much sweetener has been added. Ingredients are listed on the ingredient label in order of weight, from most to least. If sugar is listed first, you may want to keep looking to get the most nutrition for your money. Is your cereal a good source of fiber? Fiber fills you up and may help with weight management. "Insoluble fiber" (found in bran cereals) may help prevent constipation. "Soluble fiber" (found in oatmeal) may help people reduce their blood cholesterol level.
 - ! How much fat does the cereal contain? Although many types of cereals are low in fat, many granolas and some other cereals may contain saturated fat from coconut or palm oil. Saturated fat and trans fat are not heart-healthy fats. Compare Nutrition Facts labels.
 - ! How hungry are you? Whole-grain breakfast cereals can be tasty, good for you and fill you up, too. Pay attention to the serving size on the package. Is it 1 cup, $\frac{3}{4}$ cup or $\frac{1}{2}$ cup? We may eat more than the suggested single serving size found on the food label. Remember that the numbers on the Nutrition Facts label refers to the nutrients in one serving of the food, so you may need to do some math.
 - ! How much can you spend? To compare food items, you need to look at the cost per serving. To determine the cost per serving, you can divide the total cost of the snack by the number of servings.
 - ! Is it good for you? Your breakfast combines with the meals and snacks you eat to make your body strong and healthy. Calcium, iron, protein, vitamin A and vitamin C are important for growing bodies. These nutrients are listed on the Nutrition Facts panel.
 - ! Do you drink the milk in the bottom of your cereal bowl? Most breakfast cereals are fortified with vitamins and minerals and contain 10 to 100 percent of the daily value for nutrients. Some vitamins and minerals may end up in the bowl, so drink your milk to take advantage of the nutrients.

You deserve the best. Your body is an amazing machine, and food is the fuel. Choosing your breakfast cereal wisely helps you put the best fuel in your body and will keep your body running at its best.

Reading Food Labels

Sample label for Macaroni & Cheese

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Foodnote <

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings per Container 2			
Amount per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrates	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
*percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

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Quick Guide to % Daily Value

- 5% or less is Low
- 20% or more is High

Information compiled by Monique Stelzer for North Dakota 4-H Consumer Choices
 Reviewed and edited by Julie Garden Robinson, NDSU Extension food and nutrition specialist, 2010

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Judging Class

Foods

Fast Foods

This page is for the Leader

Supplies Needed:

Photos of items or real items, Situation and Option card, 4-H judging cards, Judging Scale Chart and pencils.

Suggested Age: 11-13

Reasons:

- B** is placed first because a hamburger without cheese has fewer calories than a cheeseburger, frozen yogurt has fewer calories than ice cream, and diet cola has no calories.
- A** is placed second because the milkshake provides more than half of the calories in the meal. The chicken nuggets are fried; however, there are only 4 of them. The dressing for the salad is a light version.
- D** is placed third because the taco shells are fried, which increases their caloric content. The beans and rice are a good source of fiber and protein, however, combined they provide about 200 calories per cup. One cup of 1% milk provides around 100 calories.
- C** is placed last because the cheese and the extra meat patty on the double cheeseburger significantly increase the calories in it. The French fries are a large order, which means it contains more fat and calories than a smaller order or other non-fried choice. The regular cola is also large, which means it contains a lot calories from the sugar, but no other nutrients.





Judging Class

Foods

Fast Food

Situation:

Pedro is eating at a fast food restaurant with his friends. He wants to choose a meal that has the fewest calories. Which meal is the best choice? Second? Third? Worst?

Options:

- A.** Salad with light Ranch dressing, medium vanilla milkshake, 4 piece chicken nuggets



- B.** Hamburger, strawberry frozen yogurt, large diet cola



- C.** Double cheeseburger, large French fries, large regular cola



- D.** 2 small tacos, rice & beans, 1% milk



MIX IT UP AND HIT THE TRAILS!

To earn a panoramic trailside scenic overlook, you've first got to climb the mountain! Hiking, backpacking, and backcountry camping are physical activities that take a lot of energy. Maintaining energy while exploring the great outdoors requires attention not only to foods that will give you a quick boost, but also to those that will keep you going the whole day. Healthy snacking between meals is a great way to get your body the energy and nutrients it needs.

Trail mix is one of the most popular snacks for hiking...after all, how do you think it got its name?! It provides important nutrients that we need each day, but can be high in fat, sugar, and salt. Also, some trail mixes are more expensive than others. There are many different types of trail mixes available. Granola bars have many of the same ingredients, but trail mixes tend to be less coated in glazes that are high in sugar and fat.

The following information will help you choose a healthy and affordable trail mix:

Cost

The cost of trail mix varies a lot. The packaging, brand name, ingredients, and processing all contribute to the cost. You can cut out some of the packaging and brand name costs by making it yourself: buy individual ingredients from bulk bin dispensers or large packages then mix them together. When comparing the cost of different trail mixes, you can figure out the best deal by calculating the price per serving. Serving sizes on nutrition labels will vary, so be sure to make any calculations needed to be able to compare equal serving sizes between types.

To determine the price per serving, check the Nutrition Facts label to see how many servings are in the package. Divide the price by the number of servings to determine the price per serving. For example, a trail mix that costs \$4 and has 4 servings would cost \$1 per serving ($\$4/4$ servings = \$1 per serving). If you are mixing ingredients yourself, then you have an extra step of adding the price per serving of each ingredient together to get the total cost per serving.

Nutritional Value

Trail mixes typically contain foods from at least two food groups: fruit and protein. Some mixes have dried vegetables or ingredients made of grain. When eating trail mix as a snack, be sure to choose meals that include grains, dairy, and vegetables to fill your plate.

Trail mix is a good source of nutrients, including vitamins, minerals, and calorie-dense carbohydrates, fat, and protein. The only type of nutrient that is not supplied by trail mix is water, so be sure to bring along enough drinking water for your hike. Also be aware that trail mix can be high in salt and sugar.



Calories: Carbohydrates, Fat, and Protein

When you are hiking all day, your body requires more calories than when you are not as active, but the high calorie content of trail mix means it is not the best snack choice on less active days. Reading the Nutrition Facts label on products lets you know how many total calories are in each serving and where the calories come from. Carbohydrate and protein provide 4 calories per gram, while fat provides 9 calories per gram.

Carbohydrates

Fiber

Carbohydrates from fiber are beneficial to your health by causing you to feel full for longer and helping with digestion.

Sugar

Carbohydrates from sugar are present in naturally sweet foods like fruits, but may also be added as an additional ingredient to further sweeten the flavor of a food. Many trail mixes contain dried fruits like raisins, cherries, and pineapple. These dried fruits provide a quick energy boost from the sugar and often bring some vitamins and fiber along with them. Added sugars only supply calories with few or no nutrients and no dietary fiber.

Fat

Our bodies need fat to provide energy and carry nutrients, but not too much. The American Heart Association recommends that you get less than 30% of your total calories from fat. Nuts and seeds are relatively high in fat and sometimes additional oils are added to trail mixes, increasing the fat content. Saturated and trans fat should be eaten as little as possible to decrease heart disease risk.

Protein

Protein not only provides energy, but also helps build muscle – which you'll need out there on the trail! In trail mixes, nuts and seeds provide most of the protein.

Vitamins and Minerals

Vitamins and minerals are listed on nutrition labels as a percent daily value (%DV). The goal is to get 100% of the DV from foods each day. A vitamin and mineral-rich trail mix provides all four that are listed on the Nutrition label: Vitamin A, which is good for eyes and skin; Vitamin C, which helps the immune system protect from disease; Calcium, which helps build strong bones; Iron, which helps circulation and energy levels.

Salt

Our bodies need sodium (salt) to function, but too much leads to high blood pressure and is harmful to your health. The 2010 Dietary Guidelines for Americans lowered the previous recommended amount of sodium to 1500 mg/day. Be sure to check the label and think about the other sources of salt in your daily diet. If you feel dizzy while hiking then a handful of salty trail mix could help – you lose salt from sweating and low levels make people feel dizzy.

When choosing a trail mix, examine the ingredients list and the nutrition facts label.

In the ingredients list, look for:

- a short list of recognizable whole-foods
- less sugar and syrups
- no partially hydrogenated oils

In the nutrition facts label, use these guidelines per serving:

- at least 3 grams fiber
- 5 to 10 grams protein
- less than 250 milligrams sodium
- less than 10 grams sugar
- less than 2 grams saturated fat and 0 grams trans fat

CHECK YOUR KNOWLEDGE (answers on the next page)

1. If you are looking only at price, which trail mix is the better buy?
 - a. Happy Trails Mix - \$4 for 8 servings. Serving size: ½ cup.
 - b. Fuel for the Trail Mix - \$5 for 6 servings. Serving size: 1 cup.
2. If you were snacking on a fruit and nuts trail mix, what meal would make a good choice for lunch to get all five food groups?
3. If a trail mix has a total of 14g carbohydrates, 1g fiber and 13g sugars, then is it more likely to contain added sugar or natural sugars from fruits?
4. Which trail mix is the best choice in regard to salt/sodium?
 - a. 200 mg
 - b. 1500 mg
5. Which trail mix is the best choice in regard to Iron?
 - a. 3%
 - b. 17%

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Check Your Knowledge Answers

1. b
2. Any meal with a significant portion of vegetables, dairy, and whole grains
3. Added sugar
4. a
5. b

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SELECTING HEALTHY SNACKS +

Snacks can help us meet the nutritional needs that may otherwise go unmet if only consuming three meals per day. Nutrient intake can be improved by including healthy snacks as part of your daily schedule. Learning about proper nutrition and how to read a nutrition facts label can help you make healthy snacking choices.

Key Terms

- **Cost per Serving** – The cost of one serving of a food item. The cost per serving can be determined by dividing the total cost of a food package by the number of servings indicated on the nutrition facts label.
Total cost / Total Number of Servings = Cost per Serving
- **Daily Values (DVs)** – The amount of a nutrient needed daily as determined by the Food and Drug Administration.
- **Fiber** – the part of plant foods that cannot be digested. Fiber is beneficial because it reduces the risk of coronary heart disease, reduces constipation and promotes a full feeling.
- **Food Group** – The basic food groups are grains, fruits, vegetables, dairy, and protein.
- **Nutrients** – Substances the body needs to grow and function. The six classes of nutrients are: carbohydrates, protein, fats, water, vitamins and minerals. Carbohydrates, protein and fats are the only three nutrients that provide calories.
- **Nutrient-Dense Foods** – Those that provide substantial amounts of vitamins and minerals and relatively fewer calories.
- **Portion Size** – the amount of food eaten at one time.
- **Serving Size** – A standardized amount of a food, such as a cup or an ounce, used in providing dietary guidance or in making comparisons among similar foods.
- **Whole Grains** – Foods made from the entire grain seed, usually called the kernel, which consists of the bran, germ and endosperm. Nutrients found in whole grains offer protective health benefits such as reducing constipation, aiding in weight management and reducing the risk of heart disease.

Reading Labels When Making Snack Choices

To know what you're getting from your snack, be sure to read the nutrition facts label. Try these tips to make smart food choices quickly and easily.

- Keep these low: calories, saturated fats, trans fat, cholesterol and sodium
- Get enough of these: potassium, fiber, vitamins A and C, calcium and iron
- Check for added sugars using the ingredient list.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high

Additional items to look for on a Nutrition Facts Label include:

Serving size: Look at the serving size and the number of servings per package. Then, determine how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients. Remember, the serving size provided on the nutrition facts label is not a recommended amount to eat; it's a way to let you know the calories and nutrients in a certain amount of food.

Calories: 2,000 calories is the value used as a general reference on the food label. However, the amount of calories you need each day depends on your age, gender, activity level and whether you are trying to gain, maintain or lose weight. Be sure to look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories.

You can easily consume your calories on a few high-calorie food items, but you most likely will not get the vitamins and nutrients your body needs. Instead, choose nutrient-rich foods that are packed with vitamins, minerals, fiber and other nutrients but are lower in calories.

Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item contains 400 or more calories, it is high; 40 calories is low.

Food packages also contain information about the amount of calories in the food, including various claims, such as:

- Calorie free – means there is less than 5 calories per serving.
- Low calorie – means there is 40 calories or less per serving.
- Reduced calorie or lower in calories – means there is at least 25 percent fewer calories than the regular version.
- Light or lite – means there is half the fat or a third of the calories of the regular version.

Remember that calories come from both food and beverages, so make your calories count!

Sugars: The 2015 Dietary Guidelines for Americans recommends consuming less than 10 percent of calories per day from added sugars. Since sugars contribute calories with few, if any, nutrients, one should look for foods and beverages low in added sugars. The Nutrition Facts label lists how many grams of sugar the food contains, but does not list added sugars separately. The amount listed includes sugars that are naturally present in foods and sugars added to the food during processing or preparation. Although the body's response to sugars does not depend on whether they are naturally present in food or added to foods, sugars found naturally in foods are part of the food's total package of nutrients and other healthful components. In contrast, many foods that contain added sugars often supply calories, but few or no essential nutrients and no dietary fiber.

High sugar snacks can serve as a quick energy boost but are followed by a drop in blood sugar, which can cause you to feel hungry and tired. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, corn sweetener, honey, dextrose, fruit juice concentrates, lactose, maltose, malt syrup, molasses, maple syrup and fructose. These added sugars provide calories but few or no vitamins and minerals.

The food package can also provide guidance. Sometimes the label will say "sugar-free" or "no added sugars." Even with these claims, it is important to read the Nutrition Facts label.

Fats: Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. The Dietary Guidelines for Americans (2015) suggest that a healthy eating pattern limits saturated fats and trans fats. The guidelines also recommend that less than 10 percent of calories per day come from saturated fats. Foods that are high in fats are usually high in calories.

Many food packages also contain various claims regarding the amount of fat in the food. Some examples of these claims are "fat free," "low saturated fat" or "light."

Sodium: Sodium is an essential nutrient and is needed by the body in relatively small quantities, provided that substantial sweating does not occur. Reducing sodium intake can reduce one's blood pressure. Keeping blood pressure in normal range reduces an individual's risk of cardiovascular disease, congestive heart failure, and kidney disease.

The Dietary Guidelines for Americans (2015) recommends consuming less than 2,300 milligrams (mg) of sodium per day. Most of the sodium people eat comes from processed foods, not from the salt shaker. Take a look at the sodium content on the Nutrition Facts label, using it to make selections that are lower in sodium. Use the % DV to determine the levels of sodium in the food product – 5% DV or less is low and 20% DV or more is considered high.

Claims on the food packaging, such as “low sodium,” can also be used to quickly identify foods that contain less salt. However, such claims should still prompt a look at the Nutrition Facts label.

Protein-Packed Snacks

The idea of eating more protein has gained popularity in recent years. Some people may think the way to build body muscle is to eat high-protein diets and use protein powders, supplements and shakes. However, most of us get what we need from the foods we eat. Protein is in many foods that you eat, including snacks, and plays a key role in our bodies. They function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. They help build and repair all body tissue, build blood, and form antibodies to fight infection. Proteins are also digested more slowly and, therefore, act as longer lasting fuel.



Source: www.1hourathlete.com
The photograph above is only provided as an example of common protein powders and is not being endorsed or condoned.

Proteins are one of three nutrients that provide calories, supplying food energy at 4 calories per gram. To keep calories in check, it's good to have higher-protein foods in place of other foods. For example, choose a glass of skim or low-fat milk instead of drinking a sweetened beverage and you'll take in 8 extra grams of protein. You can add lean protein at any meal, but research has shown that adding it to your breakfast may be especially helpful. Lean protein incorporated into meals and snacks is also an easy strategy for working a hunger-fighting food into your diet.

The Dietary Guidelines for Americans recommends eating a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, and nuts, seeds, and soy products. While meat, in general, is a good source of protein, it can be high in fat. That's why it is always good to check the Nutrition Facts Label for the saturated fat, trans fat, cholesterol, and sodium content of packaged foods. Processed meats have added sodium, so it's best to choose lean turkey, roast beef, ham or low-fat luncheon meats. Eating peanuts and certain tree nuts (i.e. walnuts, almonds, and pistachios) may reduce the risk of heart disease when consumed as part of a diet that is nutritionally adequate and within calorie needs. Because nuts and seeds are high in calories, eat them in small portions and use them to replace other protein foods, like some meat or poultry, rather than adding them to what you already eat. In addition, choose unsalted nuts and seeds to help reduce sodium intakes.

Energy/Power Bars

A variety of what is referred to as sports bars, energy bars or power bars are offered at grocery stores and in vending machines. Marketing for these bars often leads many people to believe they can work wonders with some purported benefits including burning of fat, buildup of muscle, and improved athletic performance. In terms of nutritional benefits, it depends on the benefits you are looking for.

All energy bars provide energy because energy refers to calories. Energy bars were actually first developed for endurance athletes who had difficulty taking in enough calories to sustain them during their athletic endeavors. It's true that they are a quick and convenient form of energy or calories. However, will these bars energize you? Probably not. If one has not eaten in a while and is feeling slightly fatigued, one of these bars may help take away that sluggishness, but so would a slice of whole wheat toast and a cup of skim milk or juice. However, if one is exhausted due to lack of sleep, for example, an energy bar won't provide any more pep.



Source: breakingmuscle.com

The photograph above is only provided as an example of common protein powders and is not being endorsed or condoned.

On the nutrition side of things, some energy bars contain over 400 calories (more than many candy bars) and up to ten grams of fat. For many people, this may be more than they need or want to take in before exercising. Many energy bars do contain added vitamins, minerals, amino acids, and other important substances, but they are not meal replacements. They do not contain natural fibers, phytochemicals, and high quality protein found in less-processed foods.

For a fraction of the cost, and just as convenient to eat, one might consider some other snacking options, such as:

Granola bars	Bananas	Oranges	Carrot sticks
Juice	Skim milk	Low-fat yogurt	Whole grain crackers
Graham crackers	Mini-bagels		

Energy bars are not a replacement for a healthy lifestyle; it's still important to eat a balanced diet, sleep, manage stress, and be physically active in order to achieve optimum performance. So rather than banking on bars, it's important to be a smart consumer and consider your caloric needs, choose to eat a balanced diet, read energy bar labels carefully (checking for calories, fat and sugar content and think how they fit in with your overall diet).

Nutritious Snacking Tips

- Choose foods high in nutrients and low in fat.
- Eat snacks that include at least two food groups. For example, pair apple slices with cheese or a mini bagel with peanut butter.
- Plan ahead! Plan and pack snacks for when you are on the go so you can avoid less healthful snack choices such as chips and soda.
- Incorporate fruits and vegetables into your snacking plans.
- Aim for whole grain snacks, as at least half of your grains should be whole.
- Remember that calories come from both food and beverages. So, consider for overall, daily caloric needs when choosing snacks. Water and milk are your best beverage choices at snack time.

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4-H Youth Development