



- Activity Title:** SNACK HEALTHY  
**Activity Type:** Individual  
**Duration:** One week or one month  
**Point Values:** - 1 point for eating a nutritious snack and/or avoiding unhealthy snacks during each of the following time periods:  
    1.) Before Noon  
    2.) Between Noon & 5:00 pm  
    3.) After 5 pm.  
- 3 points maximum per day  
- 93 points maximum per month.

### **Description**

The U.S. Department of Agriculture says that the average American eats 2.2 snacks per day and gets 25% of their total calories from snacks. 25% is a big chunk of our diet and can make a significant difference on our health and weight management efforts.

**SNACK HEALTHY** encourages people to eat nutritious snacks throughout the day and rewards them for avoiding unhealthy ones. One point is earned for each time period (see above) that a healthy snack was eaten and/or an unhealthy snack was avoided – not eating any snack earns 1 point per time period.

To encourage participation, provide healthy snacks in single serving sizes. Consider inviting a nutritionist, dietician or chef in to make a presentation on healthy snacks. Invite employees to share healthy snack ideas or recipes and create a company “Healthy Snacks Information & Recipe Book”.

### **How It Works**

1. Decide the duration of the activity and establish incentives, if any, for points earned during it.
2. Share the description and resources with employees.
3. Communicate before and during the activity, using the resources, health information and quotes provided. Emails, social media postings, posters and communication from management can be effective in promoting participation.
4. Distribute the **Individual Scorecard** and post the **Group Scoreboard** in a high traffic area. Individuals keep track on both the **Individual Scorecard** and the **Group Scoreboard**. One point is earned for each time period (see above) that a healthy snack was eaten and/or an unhealthy snack was avoided – not eating any snack earns 1 point per time period. 3 points maximum can be earned each day.



### **How It Works continued**

5. At the end of each day, individuals rank their day from 1 to 5 (best). The purpose of ranking each day is to see if a relationship can be shown between healthy eating habits and how people feel.
6. At the end of the activity, award points earned and any incentives offered. After a month-long event, present **Certificates of Achievement** as follows: Gold = minimum of 75 points, Silver = minimum of 50 points, and Bronze = minimum of 25 points. Consider having a prize drawing at each achievement level.
7. Encourage people to share their positive experiences with healthy snacking and invite them to complete the **Activity Survey**.

### **Wellness Benefits**

- Improves overall health
- Decreases food cravings
- Helps manage weight
- Regulates mood
- Boosts brain power
- Provides high performance energy throughout the day

### **Measureable Outcomes**

- Have people continued to avoid unhealthy snacks after the activity ended?
- Did the “Rate Your Day” improve over the course of the activity?
- Did people appear more alert and energized during the activity?
- Did people report that they lost weight or inches off their waistline during the activity?
- Did people report that they learned something valuable from the activity?
- Did people report that they plan on making lifestyle changes as a result of the activity?

### **Resources**

ABC News Health (abcnews.go.com)

“Top 5 Heart-Healthy Snacks”

Link: <http://abcnews.go.com/Health/top-heart-healthy-snacks/story?id=15996098-.UMDq1KW0XcZ>

Allergy Free and Sugar Free Snacks (allergyfreeandsugarfreesnacks.com)

“Healthy Snack Ideas: The Art of Finding Delicious And Healthy Snacks”

Link: <http://www.allergyfreeandsugarfreesnacks.com/healthy-snack-ideas.html>

American Heart Association (heart.org)

“Healthy Snacking”

Link: [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthy-Snacking\\_UCM\\_301489\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthy-Snacking_UCM_301489_Article.jsp)

Body and Soul Active (bodyandsoulactive.com)

“Healthy Snacking”

Link: <http://www.bodyandsoulactive.com/healthy-snacking/#.UlizdxYfDcY>

Cleveland Clinic – Heart and Vascular Health & Prevention (my.clevelandclinic.org)

“Snacks Under 200 Calories”

Link: <http://my.clevelandclinic.org/heart/prevention/weight/snacks.aspx>



## **Resources continued**

Eating Well (eatingwell.com)

“Quick and Healthy Snack Recipes and Cooking Tips”

Link: [http://www.eatingwell.com/recipes\\_menus/collections/quick\\_healthy\\_snack\\_recipes](http://www.eatingwell.com/recipes_menus/collections/quick_healthy_snack_recipes)

EverydayHealth.com

“Healthy Snacking Benefits”

Link: <http://www.everydayhealth.com/diet-nutrition/meal-planning/healthy-snacking-benefits.aspx>

Glamour – Health & Diet (glamour.com)

“15 Healthy Snacks Under 150 Calories”

Link: <http://www.glamour.com/health-fitness/2011/05/15-healthy-snacks-under-150-calories - slide=1>

“21 Health Snacking Tips”

Link: <http://www.glamour.com/health-fitness/2010/08/21-healthy-snacking-tips - slide=1>

The Healthy Snacks Blog (thehealthysnacksblog.com)

“Articles Listed by Category”

Link: <http://www.thehealthysnacksblog.com/more-articles/>

Livestrong.com

“Top 10 Snacks to Lose Weight”

Link: <http://www.livestrong.com/article/71055-top-10-snacks-lose-weight/>

“Why are Healthy Snacks Important?”

Link: <http://www.livestrong.com/article/392588-why-are-healthy-snacks-important/>

Mayo Clinic (mayoclinic.com)

“Nuts and your heart: Eating nuts for heart health”

Link: <http://www.mayoclinic.com/health/nuts/HB00085>

“Snacks: How They Fit Into Your Weight-Loss Plan”

Link: <http://www.mayoclinic.com/health/healthy-diet/HQ01396>

MyLifetime.com

“How to Choose a Healthy Snack”

Video Link: <http://www.youtube.com/watch?v=Pf67TIFRQws>

Real Simple (realsimple.com)

“9 Healthy Pre-dinner Snacks”

Link: <http://www.realsimple.com/food-recipes/9-healthy-predinner-snacks-10000001094716/index.html>

SFGate.com (healthyeating.sfgate.com)

“What Are the Benefits of Healthy Snacks?”

Link: <http://healthyeating.sfgate.com/benefits-healthy-snacks-7642.html>

Self (self.com)

“50 Healthiest Snacks”

Link: <http://www.self.com/fooddiet/2010/06/50-healthiest-snacks>

SparkPeople (sparkpeople.com)

“Snacking Healthy – Add Snacks to Subtract Pounds”

Link: [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=504](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=504)

University of Nebraska Cooperative Extension in Lancaster County – Food Reflections

“Nuts for Nutrition”

Link: <http://food.unl.edu/web/fnh/nuts-for-nutrition>



### **Resources continued**

WebMD (webmd.com)

“The Best Healthy Snacks in Your Supermarket”

Link: <http://www.webmd.com/food-recipes/features/the-best-healthy-snacks-in-your-supermarket>

Women’s Health Magazine (womenshealthmag.com)

“Top 28 Best Healthy Snacks”

Link: <http://www.womenshealthmag.com/weight-loss/100-calorie-snacks>

### **Additional Ideas**

1. Focus each day on a particular healthy snack, e.g., fruit, vegetable, whole grain, low-fat protein or low-fat dairy. Communicate information about the food during the day and provide tasting samples.
2. Invite a food expert to provide instruction on how to read a food label.
3. Conduct a “Healthy Snack Tour” at a local grocery store.
4. Invite a local supermarket to provide instruction on how to shop for healthy snacks.
5. Customize “Healthy Grocery List” templates for local grocery stores.
6. Create a “Healthy Snack Information & Recipe Book” that includes a snack’s nutritional value.
7. Develop a “Healthy Snack List” with nutritional information on each snack.

### **One-Day Challenges**

1. “Healthy Snack Challenge” – share recipes or samples of snacks that contain less than 200 calories (or 150, or 100 calories).
2. “Weekly Snack Plan Challenge” – develop and share a weekly healthy snack plan that includes plenty of fruits, vegetables, whole grains, low-fat dairy and low-fat protein.
3. “5-A-Day Snack Challenge” – prepare and share a snack that is rich in fruits and/or vegetables.
4. “Vegetable Challenge” – prepare and share your favorite vegetable snack, or eat one that you are not familiar with.
5. “Fruit Challenge” – prepare and share your favorite fruit snack, or eat one that you are not familiar with.

### **Quotes**

1. *“We incorporated new tastes and flavors into our kids’ diets from a very early age, which helped to develop their palates and prevented them from becoming picky eaters. We don’t buy junk food and give them options of fresh fruit, yogurt, raw almonds, or dried whole grain cereals for snack time.”* – Cat Cora, American Professional Chef
2. *“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”* – William Londen
3. *“Stock your kitchen with fresh fruits and other healthy snack and avoid buying unhealthy snacks.”* – Google Images: healthy snack quotes
4. *“Snack smart.”* – Google Images: healthy snack quotes



### **Quotes continued**

5. *"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward."* – Amelia Earhart, American Aviation Pioneer (1897-1939)
6. *"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."* – Mike Adams, "The Health Ranger", Consumer Health Advocate
7. *"Health requires healthy food."* – Roger Williams Ph.D.
8. *"The human body heals itself and nutrition provides the resources to accomplish the task."* – Roger Williams, Ph.D. (1971)
9. *"Don't give up what you want most for what you want now."* – Curt Brinkman, Wheelchair Athlete and Motivational Speaker
10. *"Every time you eat is an opportunity to nourish your body."* – Google Images: healthy snack quotes
11. *"Eat foods that nourish your body and mind. Take time to look at what you're putting in your body and how it's affecting your energy, mood and health. Decide where you could use some improvement and look into foods and supplements that promote health in that area."* – AwesomeLifeTips.com
12. *"Keep calm and nourish your body with living food."* – Google Images: healthy snack quotes
13. *"The number one reason Americans are heavy: The brain, very smartly wants nutrition. But the average American is eating empty calories. So you finish that 2,000 calories and your brain says: Keep going until you get nutrients."* – Dr. Oz
14. *"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."* – Thomas Edison
15. *"If you only keep good food in your fridge, you will only eat good food."* – Google Images: healthy snack quotes
16. *"Your stomach is not a trash can."* – Google Images: healthy snack quotes
17. *"A healthy outside starts from the inside."* – Robert Ulrich, American Actor
18. *"Don't eat anything with more than five ingredients, or ingredients you can't pronounce."* – Google Images: healthy snack quotes
19. *"Always avoid high fructose corn syrup."* – Google Images: healthy snack quotes
20. *"Nothing tastes as good as healthy feels."* – Google Images: healthy snack quotes
21. *"You are what you eat, so don't be fast, cheap, easy or fake."* – Google Images: healthy snack quotes
22. *"If you don't recognize an ingredient, your body won't either. – Inflammation"*, Google Images: healthy snack quotes
23. *"When a craving doesn't come from hunger, eating will never satisfy it."* – Google Images: healthy snack quotes
24. *"If we're not supposed to have midnight snacks, then why is there a light in the fridge?"* – Google Images: healthy snack quotes
25. *"If it doesn't challenge you, it doesn't change you."* – Fred Devito, American Fitness Guru
26. *"Strive for progress, not perfection."* – Google Images: healthy snack quotes



### **Quotes continued**

27. *"It's not about perfect. It's about effort. And, when you bring that effort every single day, that's where transformation happens. That's how change occurs."* – Google Images: healthy snack quotes
28. *"A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided."* – Tony Robbins, Motivational Speaker and Author
29. *"Tomorrow starts today."* – Google Images: healthy snack quotes
30. *"It's no coincidence that four of the six letters in health are 'heal'."* – Ed Northstrum, Fitness Trainer
31. *"Stop saying tomorrow. There's no time like the present."* – Google Images: healthy snack quotes
32. *"Don't wish for it. Work for it."* – Google Images: healthy snack quotes
33. *"When did you ever regret working out and eating healthy? Yeah, that's what I thought."* – Google Images: healthy snack quotes
34. *"If you want something you've never had, then you've got to do something you've never done."* – Google Images: healthy snack quotes
35. *"Motivation is what gets you started. Habit is what keeps you going."* – Google Images: healthy snack quotes
36. *"Ignore your health and it will go away."* – Google Images: healthy snack quotes
37. *"We spend health to earn wealth and then spend wealth to earn health."* – Google Images: healthy snack quotes
38. *"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison."* – Ann Wigmore, Lithuanian-born American Holistic Health Practitioner and Author
39. *"Those who think they have no time for healthy eating, will sooner or later have to find time for illness."* – Edward Stanley, English Nobleman (1509-1572)
40. *"Let food be thy medicine and medicine by thy food."* – Hippocrates, Ancient Greek Physician who is considered the Father of Modern Medicine (460 B.C.)
41. *"The greatest wealth is health."* – Virgil, Ancient Roman Poet
42. *"One-quarter of what you eat keeps you alive. The other three-quarters keeps your doctor alive."* – Hieroglyph Found in an Ancient Egyptian Tomb
43. *"God, in His infinite wisdom, neglected nothing and if we would eat our food without trying to improve, change or refine it, thereby destroying its life-giving elements, it would meet all requirements of the body."* – Jethro Kloss, Health Food Author
44. *"When you see the Golden Arches you are probably on the road to the Pearly Gates."* – William Castelli, MD - Director, Framingham Heart Study

### **Health Facts**

**From: Centers for Disease Control and Prevention**

**"Healthy Weight – it's not a diet, it's a lifestyle! – Smart Snacks"**

**Link: [http://www.cdc.gov/healthyweight/healthy\\_eating/fruits\\_vegetables.html](http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html)**



## **Health Facts continued**

### **Smart Snacks**

*Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.*

#### **About 100 Calories or Less**

- A medium-size apple (72 calories)
- A medium-size banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blueberries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories), broccoli (30 calories), or bell peppers (30 calories) with 2 tbsp. hummus (46 calories)

Learn more about **What Counts as a Cup?** (Link: <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/cup.html>)

*Instead of a high-calorie snack from a vending machine, bring some cut-up vegetables or fruit from home. One snack-sized bag of corn chips (1 ounce) has the same number of calories as a small apple, 1 cup of whole strawberries, AND 1 cup of carrots with 1/4 cup of low-calorie dip. Substitute one or two of these options for the chips, and you will have a satisfying snack with fewer calories.*

#### **Remember: Substitution is the key.**

*It's true that fruits and vegetables are lower in calories than many other foods, but they do contain some calories. If you start eating fruits and vegetables in addition to what you usually eat, you are adding calories and may gain weight. The key is substitution. Eat fruits and vegetables instead of some other higher-calorie food.*

### **More Tips for Making Fruits and Vegetables Part of Your Weight Management Plan**

#### **Eat fruits and vegetables the way nature provided—or with fat-free or low-fat cooking techniques.**

*Try steaming your vegetables, using low-calorie or low-fat dressings, and using herbs and spices to add flavor. Some cooking techniques, such as breading and frying, or using high-fat dressings or sauces will greatly increase the calories and fat in the dish. And eat your fruit raw to enjoy its natural sweetness.*

#### **Canned or frozen fruits and vegetables are good options when fresh produce is not available.**

*However, be careful to choose those without added sugar, syrup, cream sauces, or other ingredients that will add calories.*

#### **Choose whole fruit over fruit drinks and juices. Fruit juices have lost fiber from the fruit.**

*It is better to eat the whole fruit because it contains the added fiber that helps you feel full. One 6-ounce serving of orange juice has 85 calories, compared to just 65 calories in a medium orange.*

#### **Whole fruit gives you a bigger size snack than the same fruit dried—for the same number of calories.**

*A small box of raisins (1/4 cup) is about 100 calories. For the same number of calories, you can eat 1 cup of grapes.*



# Snack Healthy

## Individual Scorecard

Month / Year		First Name														M.I.		Last Name														
/																																
Day of the Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
Points Earned																																
Rate Your Day																																

**Notes: Earn 1 point for avoiding an unhealthy snack and/or eating a nutritious snack during the following 3 time periods: 1) before Noon, 2) between Noon & 5pm, and 3) after 5 pm. 3 points maximum per day.**

At the end of each day, rate your day from 1 (worst) to 5 (best). Do you see a relationship between healthy snacking and your daily rating?

Beginning weight \_\_\_\_\_ Beginning waist circumference \_\_\_\_\_

Ending weight \_\_\_\_\_ Ending waist circumference \_\_\_\_\_

Change in weight \_\_\_\_\_ Change in waist circumference \_\_\_\_\_



Group Name: \_\_\_\_\_

Month/Year: \_\_\_\_ / \_\_\_\_

# SNACK HEALTHY

Group  
Scoreboard

#	Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Total
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Totals

**Earn 1 point for avoiding an unhealthy snack and/or eating a nutritious snack during the following 3 time periods: 1) Before Noon, 2) Between Noon & 5pm, and 3) After 5 pm. 3 points maximum per day.**

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# Healthy Snacks

## Certificate of Achievement

Awarded to:

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for

# GOLD LEVEL

## Performance

\_\_\_\_ / \_\_\_\_  
Month      Year

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# Points Earned



# Healthy Snacks

## Certificate of Achievement

Awarded to:

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for

# SILVER LEVEL

## Performance

\_\_\_\_ / \_\_\_\_  
Month      Year

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# Points Earned



# Healthy Snacks

## Certificate of Achievement

Awarded to:

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for

# BRONZE LEVEL

## Performance

\_\_\_\_ / \_\_\_\_  
Month                      Year

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## Points Earned



## ACTIVITY SURVEY

Activity Name: \_\_\_\_\_

Final Day of Activity (MM/DD/YYYY): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Please rate the statements below by circling the number that best represents your experience.

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neither Agree or Disagree
- 4 – Agree
- 5 – Strongly Agree

- |    |  |   |   |   |   |   |
|----|--|---|---|---|---|---|
| 1. | I enjoyed this activity.   | 1 | 2 | 3 | 4 | 5 |
| 2. | It increased my happiness.   | 1 | 2 | 3 | 4 | 5 |
| 3. | It improved my health.   | 1 | 2 | 3 | 4 | 5 |
| 4. | It improved my energy level.   | 1 | 2 | 3 | 4 | 5 |
| 5. | It reduced my stress level.  | 1 | 2 | 3 | 4 | 5 |
| 6. | I learned something valuable about my health and wellbeing from this activity. | 1 | 2 | 3 | 4 | 5 |
| 7. | I plan to make personal lifestyle changes because of this activity.            | 1 | 2 | 3 | 4 | 5 |
| 8. | I would like to do this again.   | 1 | 2 | 3 | 4 | 5 |
| 9. | The activity improved morale in the workplace.                                 | 1 | 2 | 3 | 4 | 5 |

***Please use the back of this page to add comments about your experience.***