**The Art of Snacking Sensibly**

(NAPSA)—Looking and feeling your best doesn’t have to mean giving up the foods you enjoy. Experts say including favorite snacks in a balanced diet will help you snip and still stay on track with a healthier diet.

- **1.** Take a “power” lunch during the workweek.
  - Leave the building and walk for 30 minutes around the area.
  - You’ll not only get some fresh exercise, you’ll also get to clear your mind—now that’s a “power” lunch!

- **2.** Think of snacks as a way to provide some energy to your day and sustain energy throughout the day.
  - Remember though, all calories count, so make sure to count the calories from all snacks as part of your overall calorie intake.

- **3.** Hydrate, hydrate, hydrate.
  - Drink plenty of water every day, even in cold weather. Remember that recommended water intake is about eight 8-ounce glasses of water per day.

- **4.** Practice portion control.
  - When snacking, keep your portion sizes in mind.
  - Use your hand to size up portions: a handful of nuts, a few spoonfuls of ice cream, a few potato chips, or a small handful of pretzels.

Food and Fitness: balancing the equation for a healthful lifestyle.

Think of and eat your “fun snacks” like cookies and crackers in 100-150 calorie portions. To make it easier, look for pre-portioned snacks like 100 Calorie Packs from Nabisco which contain 100 calories and three grams or less of fat per package (depending on variety). They come in popular varieties like Oreo Thin Crisps and the newest additions, Ritz Snack Mix and Honey Maid Cinnamon Thin Crisps.

Knowledge is power! Read the nutrition facts panel on your foods so you can make sensible, balanced choices throughout the day.

Remember, frozen fruits and vegetables are just as nutritious as fresh—so stock up the freezer and incorporate them into a variety of different recipes.

Dining out? Choose menu items listed as baked, broiled, grilled, poached or roasted.

You can find other great healthy living tips on pouches of 100 Calorie Pack and at www.100caloriepacks.com.