



Guiding Stars
Nutritious choices made simple®

Snack Hacks at Work: *Helping Associates Make Healthy Choices*



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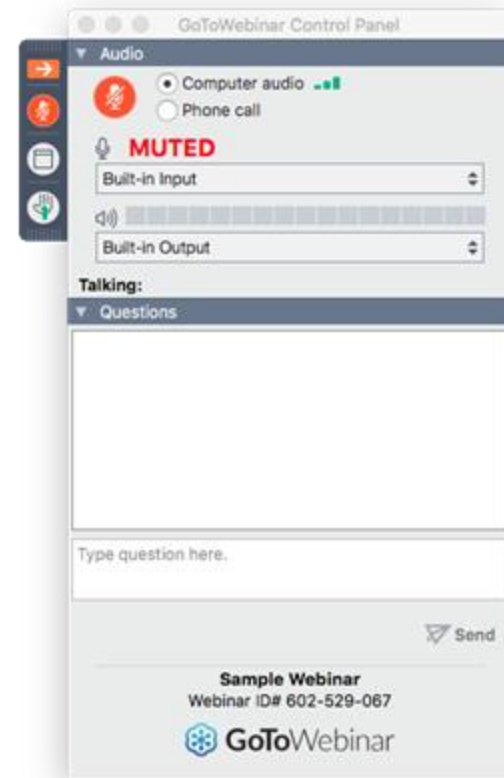
Nutritionist

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After the webinar

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Objectives

Explain the health effects of snacking

Share the role employers play in workplace eating

Provide convenient and affordable snack suggestions

Discuss employer strategies which support healthy snacking





What Exactly IS Snacking?

Guiding Stars Definition

Snacking: purposeful, deliberate eating throughout the day to sustain energy between meals

Grazing: eating throughout the day with intent to satisfy hunger, often unconsciously, sometimes out of habit/situation

Treats: something that tastes good and is not eaten often





Snacking and Our Diets

¼ of daily calories come from snacks¹

“Snacking” associated with consuming foods high in saturated fat, sugar and sodium²

Type of snack more important than frequency³⁻⁴

Sources:

1) Piernas C, Popkin BM. Snacking increased among U.S. adults between 1977 and 2006. *J Nutr.* 2010;140:325-332.

2) Wansink B, Payne CR, Shimizu M. “Is this a meal or snack?” Situational cues that drive perceptions. *Appetite.* 2010;54:214-216

3) Barnes TL, French SA, Harnack LJ, Mitchell NR, Wolfson J. Snacking behaviors, diet quality, and body mass index in a community sample of working adults. *J Acad Nutr Diet.* 2015;115:1117-1123.

4) O’Connor L, Brage S, Griffin SJ, Wareham NJ, Forouhi NG. The cross-sectional association between snacking behaviour and measures of adiposity: the Fenland Study, UK. *Br J Nutr.* 2015;114:1286-1293.



Keys to Healthy Snacking

Plan snacks, snack times

Limit sugary drinks

Include two food groups

With planning and balance, snacks can support nutrition and health



[Mediterranean Chicken Salad Pinwheels](#) | 2 Guiding Stars



Hurdles to Healthy Snacking

Mindless eating

Snacking without hunger

Treats disguised as “snack foods”

Portion sizes





Employers' Role in Nutrition

People with chronic disease account for 84% of health care costs¹

½ of working adults have food or beverage machines at work and 30% have a cafeteria²

>50% report that cafeterias and vending machines were important sources of lunch purchases during work³

Sources:

1) Anderson G. *Chronic Care: Making the Case for Ongoing Care*. Princeton, NJ: Robert Wood Johnson Foundation; 2010.

2) Onufrak SJ, Watson KB, Kimmons J, et al. Worksite food and physical activity environments and wellness supports reported by employed adults in the United States, 2013. *Am J Preve Med*. 2016; 32(1):96-105.

3) Blanck HM, Yaroch AL, Atienza AA, Yi SL, Zhang J, Masse LC. Factors influencing lunchtime food choices among working Americans. *Health Educ Behav*. 2009;36(2):289-301.



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Supporting Healthy Snacking

Make water available and promote its consumption

Offer and highlight affordable, healthy food and drinks in vending machines and cafeterias

Include healthy options when offering free foods at meetings and events





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Healthy Snack Ideas

Keep at work



Buy in a vending machine





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Healthy Snack Ideas

Instead of sugary drinks



Include two food groups





Why It's Worth It

These efforts can change employees' health behaviors¹

Reduced employee absenteeism¹

Reduced health care costs¹

Sources:

1) Goetzel RZ, Ozminkowski RJ. The health and costs of worksite health-promotion programs. *Annu Rev Public Health*. 2008;29:303-323.





Guiding Stars

The formula **credits** a product's score for:

- Vitamins
- Minerals
- Dietary Fiber
- Whole Grains
- Omega-3s



The formula **debits** a product's score for:

- Saturated Fat
- Trans* Fat
- Added Sodium
- Added Sugar
- Artificial Colors

The resulting score represents a ***weighted total***

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One Guiding Star indicates good nutritional value



Good

Two Guiding Stars indicate better nutritional value



Better

Three Guiding Stars indicate the best nutritional value



Best



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Resources

Blog posts on GuidingStars.com:

[Snack Healthy: Mini-Meal Chart](#)

[Pack Your Own Snack Ideas](#)

[Perfect Snacks and On-the-go Meals for Road Trips](#)

[The ABC's of Summer Snacking](#)

[The Formula for Summer Snacking](#)

[Dorm Room Snack Hacks](#)



[Snack Healthy Webinar](#)



[Snack Healthy Pinterest](#)





Thank you!

For more information on the Guiding Stars program, or if you have any further questions please contact us:

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