



NEWS RELEASE

Defense Commissary Agency

Office of Corporate Communications
1300 E Avenue □ Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 4-8524 DSN: 687-8000, Ext. 4-8524

FAX: (804) 734-8009 (two pause symbols) 7-8773

or DSN: 687-8009 (two pause symbols) 7-8773

www.commissaries.com

Release Number: 64-09
Date: July 16, 2009
Contact: Lt. Col. Karen Hawkins, DeCA dietitian
Tel.: (804) 734-8000, Ext. 4-8404
E-mail: karen.hawkins@deca.mil

Make your own 100-calorie snacks

*By Lt. Col. Karen E. Hawkins,
DeCA dietitian*

FORT LEE, Va. – It's that time of day when your stomach starts growling. You feel hungry so you make your way to the vending machine for a quick energy boost. But there's a healthier way to satisfy your desire for a quick snack and watch the calories at the same time: make your very own 100-calorie snacks. It's easy to do with the variety of foods you can find at your commissary – all at savings that average 30 percent or more.

Snacks can be an important part of your diet by helping you get the nutrients you need, such as fiber and protein, to help you feel full longer and the carbohydrates you need for energy. To get the most out of snacking here are some ideas:

Try boxed popcorn with 100-calorie serving packages or pop your own light popcorn and bring a couple cups for a snack.

Make a snack mix with 4 cups of whole grain, high fiber cereal (5 grams fiber or more per serving), sliced almonds, ½ cup raisins, miniature marshmallows and ½ cup dark chocolate chips. One-half cup has about 100 calories, so watch the portion size.

Cut up broccoli, cauliflower, carrots, celery, peppers and squash on the weekend and portion it out for snacks during the week with 2 to 3 tablespoons of hummus per serving.

Some foods that make great 100-calorie snacks include:

- Four-ounce applesauce cups
- Fat-free pudding snack cups

- Four-ounce fruit cups, packed in fruit juice
- Two mini-size boxes of raisins

Fresh fruit with less than 100 calories per serving:

- Medium apple
- Small banana
- Medium peach
- Medium plum
- One-fourth cantaloupe
- Medium kiwi fruit
- Medium orange
- One-half mango
- Medium orange
- One cup blueberries
- Sixteen grapes
- Sixteen strawberries
- Medium pear

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

- DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*