## Making smart choices just got easier!

About a year ago, Danny decided he'd had enough. He wanted to lose weight and get healthy, so he came to the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital to learn the right way to go about it.

Danny was surprised to learn just how much snack food he was eating each day. In fact, it's estimated that about 30 percent of all calories consumed by kids come from snacks and beverages. Danny learned how to pick healthier options, manage his portions and increase his daily activity. After several months, the pounds began dropping and, more importantly, Danny started feeling healthier and had more energy.

Now kids like Danny and their parents have a new tool to help them choose healthier snack options. It's called the Snackwise® online calculator, and it's available free over the internet, to families looking for a fast, simple way to determine the nutritional value of the snacks they choose.

Take a look! Visit www.Snackwise.org to access the calculator. Enter in the UPC code on the food package, or type in some basic information from the nutrition label, and the calculator evaluates the nutritional quality of the



Photo courtesy of Nationwide Children's Hospital

In 2007, Danny made a commitment to exercise more and eat healthier.

snack food.

Then, using an easy-to-understand color-coded system, the calculator assigns the snack food one of three colors, indicating the nutritional quality of the snack:

Green: best choice

Yellow: choose occasionally

Red: choose rarely

More than fat and calories matter.

Just ask the experts.

"All too often, parents and kids only consider calories, fat and sometimes sugar when making a decision about

a snack food. However, empty calories, or calories without vitamins and nutrients, don't do us much good. So it's important that we pay attention to the kinds of calories we are consuming and choose nutrient-rich foods."

— Robert Murray, MD, Director of the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital



## In the mood for a snack? Try these "green" snack options!

- Fresh fruits and veggies
- Clif Organic Z Bar
- NutriPals Snack Bars, PediaSure (peanut butter chocolate or strawberry yogurt)
- Oatmeal to Go (apple cinnamon for kids)
- Pria Complete Nutrition Bar (chocolate peanut butter crisp)

