

SNACKS! SNACKS! SNACKS!

Do you like to snack between meals? Snacking is a common practice among Americans, and it can have both positive and negative effects on our diets. Some studies show that snacks accounted for about one-third of daily added sugar intake in the American diet. Another study shows snacking accounted for 400 to 500 calories per day, or about 20% of daily caloric intake without being a meal. You know what dinner is going to be - a protein, a starch, a side dish, bread. If you eat a meal of snacks, it becomes a completely different scenario - generally carbohydrates, sugars, not much protein, not much fruit and not a vegetable, so it's not a fully well-rounded meal.

In descending order of proportion, snacks typically consist of convenience foods high in carbohydrates, fats, and sweets, and finally fruits, grains, and vegetables. Snacks can be part of a healthy diet, when chosen wisely and consumed mindfully. If you are going to snack, we recommend thinking about not just eating less added sugar items but healthier items overall. Being aware of the quality and quantity of snacks is important to maintaining your overall health and weight.

The commissary offers a large variety of healthy snack options for you to consider and here are three of them:



BEST (Healthiest) category!



Kar's Mixed Nuts	
Serving Size: 1 Ounce (10 per package)	
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Protein 6g	
Vitamin D 0%	Calcium 2%
Potassium 4%	Iron 6%
% Daily values based on a 2,000 calorie per day diet	

Nature Vally Granola Bar	
Serving Size: 1 Bar (1.2 oz)	
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Total Sugars 7g	
Protein 3g	
Vitamin D 0%	Calcium 0%
Potassium 0%	Iron 2%
% Daily values based on a 2,000 calorie per day diet	

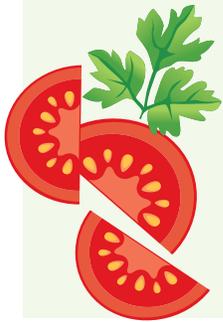
Frosted Shredded Wheat	
Serving Size: 1 Cup (9 per package)	
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 52g	19%
Dietary Fiber 6g	20%
Total Sugars 12g	
Protein 5g	
Vitamin D 0%	Calcium 0%
Potassium 0%	Iron 100%
% Daily values based on a 2,000 calorie per day diet	

MENU UPDATES

Rhubarb Chicken: We received feedback on this new kettle product, and it was not very popular. We heard you loud and clear and have stopped production of it. We will continue to look for products that are new and exciting for service. If you have any ideas for food products we could add to the menu, please send them in and we will consider as options, if possible.

Lunchmeat: We have purchased a reduced-sodium lunchmeat to meet the state dietitian's request for healthier options and it is now in use.

Color Additives: The U.S. Food and Drug Administration has passed a requirement that products using artificial dyes in food be declared on labels. We are always trying to provide the best quality products for service to our population. We try to use as few artificial ingredients in our food products as possible, so while dyes have been used in food for hundreds of years, we are working with our vendor to remove the artificial food color from our drink mixes. Soon, your drink mix will not have the color that is normally associated with the flavor, the taste will be the same, just the coloring will be removed.



Fresh produce grown in prison gardens was distributed throughout the state, providing thousands of pounds of locally grown produce. We are working on growing (pun intended) this process and hope to have more fresh produce next year as involvement grows.

FEATURED ITEM



Last summer we received feedback on the spiciness of the taco meat which resulted in a review of the product. We made several trial batches using a different mix of spices, which included jalapeno peppers. We landed on a product that is new and improved and we think it has a better blend of spices and just the right amount of heat. Let us know what you think about the change!

SITE VISITS

The Food Administration team visited five prisons in the past few months reviewing facility layout, financials, staffing, workforce status, menu compliance, and staff concerns. Discussions included administration's role in supporting menus and operational advice to facilities.

All facilities are challenged with getting enough workers to do the job right and are working to that end. They are thankful for the workers they have. We use what we learn and share the information with others in food service areas to make improvements to service.



We have been collaborating with our state dietitian on menu planning, product review, substitution item approvals, medical diet support, and information requests. The dietitian's leadership in our food group meetings benefit the agency's Health

Services department regarding diet assignments and help us to make good decisions on new food products to consider service to the population.

DID YOU KNOW?

Did you know 49% of Americans over the age of 20 eat a sandwich every day?

During the Revolutionary War, Americans would avoid sandwiches due to their association and origin in Britain. Over the years that has changed as one study found that 49% of Americans who are over 20 years old eat one sandwich every day (our menus have some sort of sandwich on them about 4 times a week).

