

Snack Attack: Unhealthy Treats, #9780778739180 #2008 #32 pages #Crabtree Publishing Company, 2008 #John Burstein

32 pages : 29 cm. Alexis loves to explore the outdoors and rock climb with her brother, Sam. In school, she and her friends are in a nutrition club. They have worked on all sorts of projects to help educate the other students about eating healthy food. They still have one challenge left, however. The vending machines at school sell junk food. Follow Alexis and her friends as they try to find a way to offer healthy snacks to their friends and teachers. Includes index. Includes bibliographical references (page 31) and index. Smart snacking -- Get going with go snacks -- Slow down on the slow sna... EATING HEALTHY. Beating the Snack Attack. By Belinda Elliott CBN.com Daily Life Producer. CBN.com "Snack time. It was one of the highlights of my day as a child. After spending all day at school, I would jump off the school bus eager to race home and eat my afternoon snack." Prepare for the Battle Perhaps one of the easiest ways to make sure you choose a healthy snack over an unhealthy one is to keep good snack choices available. Clean out your fridge and pantry and fill them with healthier foods. Package your healthy snacks (fruits and veggies, for example) in small plastic containers or sandwich bags when you bring them home from the store. Then they are ready to grab when you want a snack. A new analysis has found that loading up on snack foods may increase cancer risk in individuals with an inborn susceptibility to colorectal and other cancers. Published early online in *CANCER*, a peer-reviewed journal of the American Cancer Society, the study suggests that an eating pattern low in snack foods could help these individuals--who have a condition called Lynch syndrome--lower their risk. "Unfortunately, this does not mean that eating a diet low in snack foods will prevent any polyps from developing, but it might mean that those Lynch syndrome patients who eat a lot of snack foods might have more polyps than if they ate less snack foods," said Dr. Botma. Because the study is observational, other studies are needed to confirm the results. See more of *Snack Attack Eats And Treats* on Facebook. Log In. or. Create New Account. See more of *Snack Attack Eats And Treats* on Facebook.