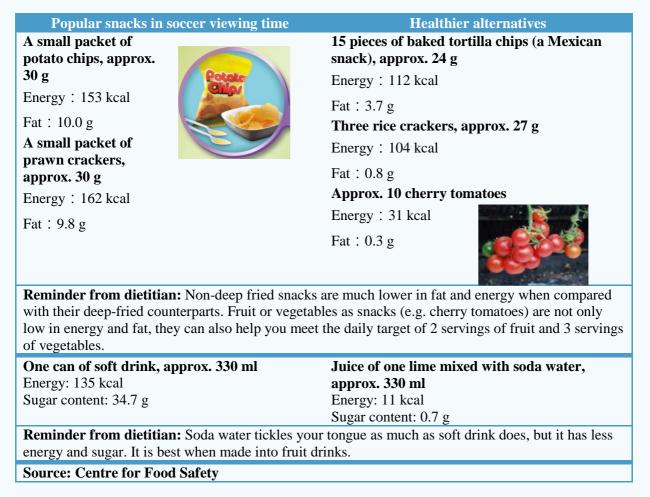




Healthy Snacks Choices for Soccer Watching

2014 World Cup Brazil, a much-awaited event, is drawing near. Soccer fans will be soon watching the World Cup games on TV, and very likely snacking at the same time for better fun. Popular snacks on these occasions are usually potato chips, prawn crackers, soft drinks, beer, etc. They are all high in energy; over-consumption of these food items may result in overweight/ obesity, thus they are a health hazard in the long run. If you don't want to develop a pot-belly during the matches, please note the suggestions below:



At last, before you eat any snack, remember these points:

- snack only when you're hungry, and not because you want to; and
- to avoid excessive energy intake, cancel your afternoon tea and do it in soccer viewing time instead, or reduce your dinner portion accordingly.

When you're snacking...

- control your portion; don't replace a main meal with snack; and
- limit your snack in no more than 125 kcal each time, and in once between main meals.

To know more about ...

- ♦ healthy eating, please visit 'Health Zone' website at <u>http://www.cheu.gov.hk</u>
- ♦ 'Health@work.hk Project', please visit <u>http://www.healthatwork.gov.hk</u>

