



Dietitians Select the Healthiest Packaged Snack

Description

Many people talk about eating less processed food, including packaged snacks. Some foods that are ultra-processed can increase health risks, like heart disease and diabetes. However, not all packaged snacks are unhealthy.

Dietitian Amanda Crowe says packaged snacks can fit into a healthy diet. They help people avoid extreme hunger between meals and make healthy eating easier when busy. For nutritious options, dietitians recommend snacks with protein and fibre. Roasted chickpeas are a top choice because they offer both.

Roasted chickpeas can also help your heart. They provide soluble fibre, which lowers cholesterol. Dietitian Amy Brownstein says they are a better choice than chips, which are often high in fat.

These snacks also keep you full for longer. Samantha DeVito explains that roasted chickpeas are different from other snacks because they contain healthy protein and fibre. This balance helps control hunger and energy levels.

Moreover, roasted chickpeas support healthy digestion. They contain around 5 grams of fibre per ounce, which aids gut health. Finally, they are full of essential vitamins and minerals like manganese and iron, making them a great snack choice.

Vocabulary List:

1. **processed** //ˈprɒsɛst// (adjective): changed from natural form, often in factories
2. **dietitian** //,daɪəˈtɪʃən// (noun): a person who gives advice about food
3. **nutritious** //nuˈtrɪʃəs// (adjective): healthy and good for your body
4. **fibre** //ˈfaɪbər// (noun): part of food that helps your digestion
5. **roasted** //ˈrəʊstɪd// (adjective): cooked with dry heat, often in oven
6. **digestion** //daɪˈdʒɛstʃən// (noun): the body breaking down food for energy

Comprehension Questions

Multiple Choice



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1. What can ultra-processed foods increase the risk of?
 - Option: Heart disease
 - Option: Weight loss
 - Option: Muscle gain
 - Option: Improved digestion

 2. Who is the dietitian that suggests packaged snacks can fit into a healthy diet?
 - Option: Samantha DeVito
 - Option: Amy Brownstein
 - Option: Amanda Crowe
 - Option: None of the above

 3. What do dietitians recommend for nutritious snack options?
 - Option: High sugar content
 - Option: Low protein
 - Option: Snacks with protein and fibre
 - Option: Only whole foods

 4. Which snack is mentioned as a top choice for its nutritional value?
 - Option: Potato chips
 - Option: Roasted chickpeas
 - Option: Granola bars
 - Option: Cheese puffs

 5. How much fibre do roasted chickpeas contain per ounce?
 - Option: 2 grams
 - Option: 3 grams
 - Option: 5 grams
 - Option: 7 grams

 6. What minerals do roasted chickpeas provide?
 - Option: Calcium and potassium
 - Option: Manganese and iron
 - Option: Zinc and magnesium
 - Option: Sodium and fluoride

True-False



7. Not all packaged snacks are unhealthy.
8. Roasted chickpeas are higher in fat than chips.
9. Dietitians recommend snacking to help control extreme hunger.
10. Roasted chickpeas are low in protein.
11. Dietitian Amy Brownstein endorses chips over roasted chickpeas.
12. Healthy snacks should contain essential vitamins and minerals.

Gap-Fill

13. Roasted chickpeas contain around 5 grams of fibre per ounce, which aids _____.
14. Dietitian Amanda Crowe says packaged snacks can fit into a _____.
15. Roasted chickpeas provide soluble fibre, which lowers _____.
16. These snacks keep you full for _____ time.
17. Healthy protein and fibre in roasted chickpeas help control hunger and _____.
18. Roasted chickpeas are a better choice than _____.

Answer

Multiple Choice: 1. Heart disease 2. Amanda Crowe 3. Snacks with protein and fibre 4. Roasted chickpeas
5. 5 grams 6. Manganese and iron

True-False: 7. True 8. False 9. True 10. False 11. False 12. True

Gap-Fill: 13. gut health 14. healthy diet 15. cholesterol 16. longer 17. energy levels 18. chips

CATEGORY

1. Health - LEVEL2

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