

Snack food

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A **snack food** (commonly shortened to **snack**) is seen in Western culture as a type of food not meant to be eaten as a main meal of the day (breakfast, lunch, supper). Rather, the food is intended as a *snack*: something to temporarily tide a person's hunger, provide a brief supply of energy for the body, or something to be eaten for enjoyment of the taste.

Snack foods are designed to be less perishable, more durable, and more appealing than natural foods. They often contain substantial amounts of sweeteners, preservatives, and appealing ingredients such as chocolate, peanuts, and specially designed flavors (such as flavored potato chips).

Foods manufactured primarily as snack foods are often classified as junk food: they have little or no nutritional value, and are not seen as contributing towards general health and nutrition.

The snack food industry in market-driven societies such as the United States generates billions of dollars in revenue each year. The market for snack foods is enormous, and a number of large corporations are constantly struggling to capture larger shares of the snack food market. Consequently, heavy promotions are used to convince consumers to buy snack foods. Snack foods are advertised far more than regular nutritional foods (such as fruit, vegetables, meat, dairy products), and the flashiest TV commercials and advertising campaigns are often designed to sell snack foods.

With growing concerns for nutrition, diet, weight control and general health, some people are making a conscious effort to eat more healthy, natural snacks such as fruit (fresh or dried), vegetables (carrot sticks), nuts and cereal grains (granola, granola bars, rice cakes).

List of snack foods

Chips

- Cheese curls
- Combos
- Pretzel
- Potato chips
- Pork rind
- Tortilla chips

Candy

- Candy bars
- jellybeans
- gummy bears
- Swedish fish
- lollipops
- gumdrops
- hard candy
- Tootsie Rolls

Broader categories

- Beef Jerky
- Crackers
- Cookies/Biscuits
- Doughnuts
- French Fries
- Ice cream
- Mixed nuts
- Onion rings
- Pizza
- Popcorn
- Student food
- Trail mix
- Tastykakes