

Guide to Healthier Snacking

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Snacking throughout the day can be beneficial for your health, if done correctly! Here are some top tips to smarter snacking for a healthier YOU!



Reap Health Benefits by Reaching for a Snack!

Snacking is a great way to add extra nutrition to your day. According to an article in the May 2010 issue of the Journal of the Academy of Nutrition and Dietetics, “a study of 2,065 older adults showed that increased snacking frequency contributed to boost in levels of vitamins A, C, and E, beta carotene, magnesium, copper and potassium.” Smart snacking can boost energy levels and overall metabolism while helping you to meet your overall nutrient and calorie needs! It can aid in weight control by adding structure to eating throughout the day and increasing overall satiety levels, and can aid in diabetes management by preventing blood sugar swings between meals. The thing is, you MUST be choosy with your snacks. Check out the tips below.

Tips for Smarter Snacking

Make snacks work for you by choosing nutrient-rich foods from the grains, fruit, vegetable, dairy and protein food groups. Aim to pair a complex carbohydrate with a source of protein. Examples include: an apple + string cheese, peanut butter + banana, yogurt + berries.

Think of snacks as mini-meals that contribute nutrient-rich foods. Aim for satiety-inducing and nutrient dense whole foods and skip the processed convenience products where possible.

Be Mindful! Listen to your body cues and snack when truly hungry. Learn to distinguish hunger versus cravings and nourish your body with what it actually needs when it needs it. For example, take a walk, read or garden when bored, frustrated or stressed, enjoying a healthy snack when hunger hits and energy drops.

Practice portion control. A snack is a snack, not an entire meal! Aim for 100-300 calories depending on your overall caloric needs. Use snack-sized plastic bags to pre-portion snacks such as pretzels, nuts, pre-cut raw veggies, etc rather than reaching for an entire bag of chips.

Set yourself up for success by planning snacks ahead. Stock your pantry with healthy snacking essentials and skip the chips, cookies and other empty-calorie convenience products. Pack a small cooler of healthy snacks for a road trip, or carry a small snack in your purse when running errands.



Try these mini pizzas for a savory and filling afternoon snack, or serve as an appetizer at your next get together!

Tomato - Basil - Mozzarella English Muffin Mini Pizza

Ingredients

- 1 whole wheat english muffin
- ½ c. shredded mozzarella cheese
- ½ ripe avocado, mashed
- 1 roma tomato, sliced thin
- ¼ c. fresh basil leaves, diced



Directions

Cut your English muffin in half and place on a baking sheet lined with parchment paper or foil. Spread each half with mashed avocado and sprinkle with black pepper. Top with layers of sliced tomato, diced fresh basil and cheese. Place in pre-heated oven (375 F) and bake until golden, bubbling, approximately 5-7 minutes. Allow to cool before eating.

Serves 1-2

Quinoa Energy Balls

Try these quinoa balls for a portable, on-the-go snack or for breakfast!

Ingredients

- | | |
|---------------------------|-------------------------|
| 1/2 cup whole wheat flour | 2 tbsp honey |
| 1 cup cooked quinoa | 1/2 cup applesauce |
| 1 cup oats | 1/2 tsp vanilla |
| 1/2 cup almonds, chopped | 1/2 ripe banana, mashed |
| 1/2 tsp cinnamon | ½ dried cranberries |
| 1/2 tsp baking powder | ½ cup chocolate chips |
| 1 tbsp chia seeds | (optional) |



Directions

Combine the applesauce, maple syrup, banana, and vanilla and mix thoroughly. In a separate bowl, combine remaining dry ingredients. Mix dry into wet until thoroughly combined. Form into balls and bake at 375 F for 10-15 minutes or until golden brown. You can also bake flat on a raised baking sheet and cut into bars!

Healthy Snack Ideas

Be mindful of each bite with these nutritious snacks



PB + Apple Slices

Apples are a great source of fiber and PB provides protein + healthy fats. A simple, nutritious & delicious pairing!

Change it up:

Spread PB + thinly sliced apple onto a small tortilla and grill lightly for a warm snack wrap!

Stir PB into plain yogurt and sprinkle with cinnamon to create a high protein “dip” for your apple slices.

Cut your apple into rounds and spread with PB. Sprinkle on granola, coconut, chocolate chips or other toppings as desired.

Trail Mix

Combine nuts, seeds and dried fruit for a quick, portable snack you can grab when you need it. Add a few extras for a more indulgent taste: unsweetened coconut flakes, dark chocolate chips, etc.



Change it up:

Sprinkle trail mix and fresh berries over yogurt for a parfait that works great as a larger snack or light meal.

Combine trail mix with plain popped popcorn for a little something different!

Leftover trail mix makes for a delicious addition to cereal or oatmeal.

Muffins



Muffins make for a healthy snack, just be sure to watch what you put into them! Consider mini muffins for easy portion control, and up the nutritional content with fresh fruit or veggies. Ideas include zucchini-carrot, apple oatmeal, pumpkin-cranberry or banana nut muffins. Freeze leftovers and microwave when needed.

Change it up:

Fresh whole fruit and unsweetened dried fruit provide natural sweetness plus fiber and nutrients. Also consider substituting applesauce for butter or oil, milled flaxseed + water for eggs, whole wheat flour instead of white flour.

Pita + Hummus + Veggies

Enjoy this snack combo for fiber, quality protein, and an extra serving of veggies that can help keep you feeling full and satisfied for hours.

Change it up:

Spread an English muffin or pita round with hummus or tomato sauce, sprinkle with cheese and desired toppings and bake until golden for a personalized snack pizza in a flash!



Healthy Snack Activity

Fill this out according to your preferences

Healthy Snack Guidelines for Adults

1-2 snacks per day

Under 200 kcal/snack for the average adult

Choose whole foods where possible

Portable Snacks

Using what you learned today, list 5 healthy on-the-go snacks that you can keep with you in the in your car or bag. Each should include one or two food groups and have less than 200 calories.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Cooler Snacks

List three snacks you could put in the cooler and take on a trip, field game, etc. Follow the same snacking rules: one or two food groups with less than 200 calories total.

1. _____

2. _____

3. _____