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UTM EatWell

Snacking

Many of the foods that are considered “snacks” are pretty high in fat (like potato chips and donuts) or high in sugar (like chocolate bars and candy). These foods are often low in fibre, vitamins and other healthy nutrients. Although they can temporarily satisfy a craving, in the long run these snack choices don’t do much to **provide sustained energy and the fuel your body needs** as a busy student.

Next time you feel a craving for a snack, consider some of these healthier options, many of which are available on campus.

Craving A Salty Snack?

Instead of grabbing a bag of chips or French fries, here are more nutritious choices:

- Whole-grain crackers (like *Triscuits*® or *Ryvita*®) & cheese
- Mini rice cakes
- Sushi with soy sauce
- Guacamole or hummus with toasted pita bread
- Cheese strings

Got a Sweet Tooth?

Instead of less nutritious choices like pastries, chocolate bars or cookies try these healthier options:

- Fresh melon, berries, grapes (try them frozen!) or other fruit
- Yogurt & fruit (add *Bran Buds*® for a healthy crunch!)
- Cereal and milk (try *Mini Wheats*® or *Fibre 1 Honey Clusters*®)
- Oatmeal with raisins
- Cereal bar (try Kellogg’s® *Nutrigrain*® Bars)
- Chocolate milk or flavoured soy beverage
- Whole-wheat toast with honey, jam, or peanut butter & banana



Craving the Crunch?

Sometimes a good crunch can satisfy a craving and be a good stress reliever!

Try some of these crisp, but healthy snacks:

- Cut-up raw vegetables (carrots, celery, red pepper, radishes)
- Air-popped popcorn (easy on the butter!)
- Peanuts, almonds, walnuts, or other nuts, unsalted
- Sunflower or pumpkin seeds, unsalted
- Roasted chickpeas or soybeans
- Crispy cereal bars (try *Kashi® Crunchy Bars*)



Quench That Thirst?

If you find yourself needing an afternoon pick-me-up, you may just be dehydrated. Instead of a coffee, some other healthy beverages to choose include:

- Water
- 100% pure fruit juice
- Tomato juice or vegetable cocktail
- Fruit juice with club soda (mix ½ & ½)
- Milk or chocolate milk OR soy beverage
- Yogurt drinks
- Herbal teas

Healthy Snack Recipe



Lemon-Parm Popcorn

Makes 2 servings

Ingredients

- 10 mL (2 tsp.) extra-virgin olive oil
- 2 mL (1/2 tsp.) lemon pepper
- pinch of salt
- 750 mL (3 cups) air-popped popcorn
- 30 ml (1 T.) freshly grated Parmesan cheese

Directions

Whisk oil, lemon pepper and salt in a small bowl. Drizzle over popcorn and toss to coat. Sprinkle with Parmesan and serve immediately.

Per serving (1/2 the recipe): 99 Calories; 6 g Fat (1 g Sat; 4 g Mono); 2 mg Cholesterol; 9 g Carbohydrates; 3 g Protein; 2 g Fiber; 192 mg Sodium; 43 mg Potassium

Source: Eating Well January /February 2011
http://www.eatingwell.com/recipes/lemon_parm_popcorn.html



Need some FREE professional help?

The Health & Counselling Centre at UTM (Davis Building, Room 1123) has a **Registered Dietitian** who can assess your diet and help you make changes. Call (905) 828-5255 to make an appointment.