

# SNACK RIGHT

Think "Out with the Bag or Box"

For healthy snacks, think "outside the bag or box" -- that is, out with foods that are sold as snacks in all those cute packages and bags. Snacks that are high in refined carbohydrates, such as pretzels, crackers, cookies and chips, all of which are often high in sodium and fat and low in fiber, do not make the healthiest snacks. This is especially important if you are trying to watch your weight, lower your blood pressure or control your blood sugar.

## HEALTHY, DELICIOUS SNACK IDEAS

**Peanut butter crackers** - An old standby is healthy when you place it on 100% whole grain, low-fat crackers (such as WASA brand crackers) or even 100% whole grain bread. If you are watching your weight, keep the peanut butter to 1 tablespoon per serving. Add some light, no-sugar-added preserves or fruit for flavor and color.

**Soup** - Purchase low-sodium, low-fat vegetable or bean soup. It can be microwaved in minutes in a coffee mug.

**Rabbit bag** - Put a few raw veggies and fruits together in a zip lock bag. Use orange wedges, apple slices, raw cauliflower and raw carrots. The orange gives everything a nice flavor.

**Smoothie** - Blend skim milk, fruit and wheat germ to make a delicious drink that tastes like a milk shake.

**Low-sodium vegetable juice** - Vegetable juice helps you get enough veggies in your day.

**Sandwiches** - A sandwich is a great snack. Make a whole wheat pita with lean turkey, lettuce, tomato and light dressing.

**Tuna or salmon on toast** - Make a low-fat tuna or salmon salad and spread it on 1 slice of toasted 100% whole wheat bread; top with fresh sliced tomato.

**Oatmeal raisin bowl** - Make a bowl of oatmeal with raisins and cinnamon.

**Cereal parfait** - Place light non-fat yogurt, fruit and whole grain cereal in a cup.

**Baked sweet potato** - Bake a sweet potato in the microwave and top it with reduced-calorie pancake syrup.

## STOCK YOUR KITCHEN

Having the right stuff on hand is very important for making fast healthy snacks. If your snacks are based on whole grains, fruits and vegetables with a little dairy and lean protein, you will be on your way to a balanced diet that has plenty of fiber and nutrients. You will want to watch your intake of salt and saturated fat for a healthy heart. Here are some items you may want to keep on hand:

### Grains

- Low-fat, whole grain crackers
- Rice cakes
- Whole wheat bread or pita (100%)
- Popcorn (low-fat)

### Vegetables

- Raw vegetables
- Salads
- Potatoes and sweet potatoes
- Vegetable juice (100% and low-sodium)
- Vegetable soups

### Fruits

- Fresh fruit
- Dried fruit

### Heart-Healthy Protein

- Nuts and nut butters
- Bean dip
- Bean soup or salad
- Canned tuna or salmon
- Roasted lean poultry or meat

### Heart-Healthy Dairy

- Non-fat light yogurt or skim milk
- Smoothies with fruit and skim milk.

## COMPARE CALORIES PER OUNCE

Healthy Snacks	Calories	Bagged Snacks	Calories
Broccoli	7	French fries	87
Carrots	12	Pretzels	100
Apple	16	Cinnamon bun	138
Pear	16	Muffin	133
Banana	26	Cookie	145

