SNACKS

...

& the Keys to Snack-cess

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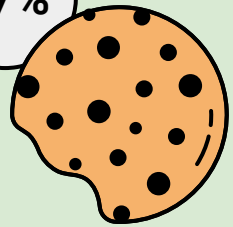
We Need Snacks, Stat!

57%



Snack at least one time per day

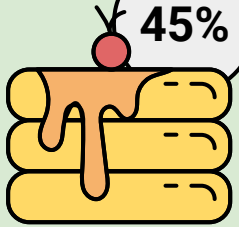
24%

Snack multiple times per day

40%

Say they do so because they are hungry or thirsty

45%



Say they snack because they are craving salty or sweet

International Food Information Council Foundation Survey

What are your go-to, favorite, and on-the-go snacks?


Toast
Savory & sweet
A piece of fruit
Hummus or dip
"Snack foods"
Leftovers
I NEED A SNACK!
Bar or shake

What is a “snack” ?

Is there just one ultimate definition of snack?

In a word… NO!

Many people have different ways of describing snacks...

A type of food

An eating event

Frequent eating

Generally, they are food or drink that are consumed in addition to breakfast, lunch, and dinner, throughout the day, often between two meals.

Snacking Considerations

Should I snack?

How hungry are you on a scale from 1 to 10?

Where 10 is ravenous and 1 is not at all.

If you are a 6 or higher, consider having a snack, if your next meal is still some time away.

Five or lower?

Are you thirsty? Just bored?

Can you wait until your next meal?

How should I snack?

Mindfully.

Free from distractions.

Take your time.

Take small bites or sips.

Savor the flavor.

See how you feel halfway through your snack.

Not very hungry anymore? Save the rest for later.

Nutrient Dense vs. Energy Dense

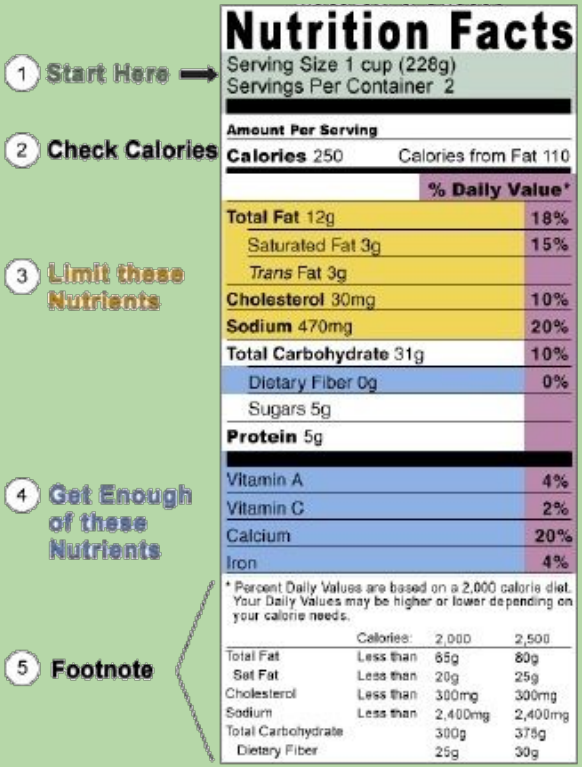
Nutrient dense foods have a good ratio of calories to nutrients, and supply beneficial and essential macronutrients and micronutrients.

Energy dense foods are high in calories, in many cases not accompanied by nutrient density, and often not very satiating.

Some nutrient dense foods are, eggs, low-fat and fat-free dairy, lean meats, vegetables, fruits, whole-grains, beans, peas, nuts, and seeds.

Energy dense foods may be high in fat or sugar, or both; and they include items like conventional cookies, cakes, chips, ice cream, and even cooking oil.

New Label



Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. The serving size now appears in larger, bold font and some serving sizes have been updated.
2. Calories are now displayed in larger, bolder font.
3. Daily Values have been updated.
4. Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

Fat

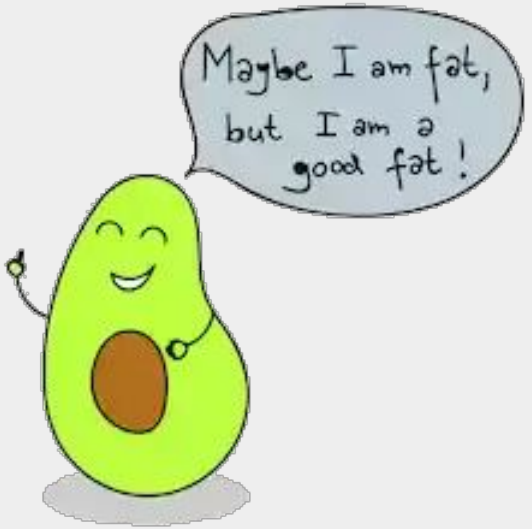
The healthful, the unhealthful, and the banned

- ★ Needed to insulate organs and protect the body.
- ★ Needed for necessary hormone production.
- ★ Needed to help the body absorb fat soluble vitamins and other nutrients.

Aim for more UNsaturated fats!

Unsaturated fats are noted as being heart healthy when included in the diet, rather than saturated fats and trans fats.

Sources of unsaturated fatty acids include, **avocados, flaxseed, chia seeds, hemp hearts, walnuts, almonds,** and vegetable oils, such as olive, flaxseed, soybean or avocado oils.



Saturated fats are linked to poor health outcomes, including increased risk of heart disease, obesity, and diabetes.

Sources of saturated fatty acids are the plant-based oils, coconut oil and palm/palm kernel oil; and animal-based foods including, dairy products, such as cheese, milk, and butter, as well as lard and meats.

Protein

Meat

Eggs

Dairy

Legumes, lentils, peas

Nuts

Seeds

Basically all food has at least a little bit of protein!

Building blocks!

Helps keep you satiated.

Less than half the calories per gram of fat.

Remember to consider the complete package.

Carbohydrates

Refined vs. Unrefined
Starchy vs. Non Starchy
Fuel vs. Excess

What are carbohydrates?

Are all carbs the same?

Why do some people fear carbs?

Do carbs make you fat?

What do our brains and muscles want for fuel?

Package mine in fiber, please!

What is fiber and what does it have to do with sugar?

Dietary fiber is naturally occuring in plant foods.

Fiber helps to regulate blood sugar and keep our levels more stable, while helping us to feel full longer!

Fiber is also linked with:

- Improved heart health (cholesterol levels)
- Lower risk of some cancers
- Keeping things moving through and out of the body!

We can find fiber in whole grains, legumes, lentils, peas, nuts, seeds, vegetables, and fruits.

Fruit: Nature's Candy

How can you serve your sweet tooth in a more healthful way?

Have some fruit!

You can add it to many things, like:

Cereal or fresh oatmeal

Overnight oats or chia pudding

Baked goods, like cookies, muffins, or bread

Make smoothies and smoothie bowls

Or, eat it whole!

Veggies

Eat alone or use to dip, raw!

Throw into a recipe, easily!

How do you prep raw vegetables?

Wash, dry and cut veggies to save during the week. Store in a mason jar or other container in water.

How to use the raw vegetables?

Dip into hummus, dip, salsa, etc.

Roll into a wrap, add to a sandwich, or salad.

Easily incorporate into any recipe.

Store-bought goodies

Lesser Evil
Mary's Gone Crackers
Late July
Simple Mills

Things to look at when purchasing store-bought snacks

- **Serving size**
- **Servings per container**
- **Calories**
- **Saturated fat**
- **Cholesterol**
- **Sodium**
- **Added sugar/total sugar**
- **Fiber**
- **Protein**
- **Ingredients**
  - **Added oils**
  - **Added sugar**
  - **Artificial sweeteners**

No item is perfect, but each time you make a choice, think about the whole package, your diet as a whole, and pick something you are happy with, big picture!

Toast Ideas






No bread, no problem!

On a vessel of your choice (bread, tacos/wraps, leafy greens) or skip the vessel all together and build a bowl.

- Nut butter and fruit (blueberries, raspberries, banana, etc.)
- Fresh veggies or herbs
- Food left over from a meal you ate a little bit ago
- Any leftover food in your fridge

Spread on a guac, dip, baba ganoush, pesto, anything you like.

Add whatever your heart desires!

Smile, eat, enjoy :)

Toast - From the bottom up!

Store bought bread?

Whatever works best for you; not everyone has the time or the desire to make homemade bread.

Considerations?

Whole wheat flour as the #1 ingredient.

5:1 carbohydrate to fiber ratio.

Added sugars?

Added oils?

Homemade bread?

By hand or in a bread maker.

Considerations?

Type of flour:

Whole wheat, rye, gluten free blend, grain free - like almond flour.

Need a sugar/sweetener?

Try fruit, like banana or applesauce.

Egg-free?

Recipe → https://minimalistbaker.com/the-easiest-whole-grain-seeded-bread/

Baba Ganoush Inspired "Dip"

Ingredients needed to blend:
1-2 baked eggplants (1 large or 2 small)
2-4 garlic cloves
¼ cup tahini
2 to 4 tbsp oil (I use almond oil)
¼ to ½ a lemon (juiced)
½ tsp salt
A few basil leaves

Ingredients needed to bake eggplant:
1-2 tbsp oil
Paprika
Cumin
Ras el Hanout

Instructions:
Evenly coat the insides of the eggplant with the oil and spices

Instructions:
1. Wash & dry eggplant, chop off just the stem, then cut in half.
2. Bake spiced eggplant, skin facing up, in a glass dish covered with foil (I line my dish with parchment paper) at 350 degrees Fahrenheit for 35-50 minutes. (depends on size of eggplant and oven - check around 35 minutes - soft pressure with fork should wrinkle the skin and slightly deflate the eggplant)
3. Allow eggplant to cool before adding one half at a time to a blender with the garlic, tahini, oil, lemon juice, salt, and basil.
4. Blend until creamy.
   **Begin with less oil and lemon juice, adding to taste.

HOW TO USE:
1. As a spread on toast
2. Eat with crackers or pita chips
3. Eat with sliced veggies or fruit
4. Add a scoop to a savory meal

Apple Cinnamon Granola

Ingredients to bake:

2 cups rolled oats
¼ cup pumpkin seeds
¼ cup apple sauce
¼ cup maple syrup
1 ½ tsp cinnamon

Raw ingredients:

¼ cup walnuts

Instructions:

1. Combine all ingredients to bake, in a bowl until well mixed.
2. Spread onto baking sheet lined with parchment paper or silicone mat
3. Bake at 300 degrees Fahrenheit for 30-40 minutes total, mixing and checking in 12 minute intervals.
4. Be careful when tasting, it is hot!
5. Allow to cool once baked to your liking, then pour into a container and mix in walnuts.

Other ingredients to try:

- Sliced almonds
- Raisins
- Dried mulberries
- Dried cranberries
- Chocolate chips (raw)
- Sunflower seeds
- Chia seeds (raw)

Ways to use:

1. In a bowl of fruit
2. In yogurt
3. In applesauce
4. In trail mix
5. Mixed into cereal
6. In place of cereal
7. By the handful :)

Oat Cookie Bites

Ingredients:
2 cups of quick oats
1 cup applesauce
1 tsp baking powder
½ tsp baking soda
½ tsp vanilla extract
1 tsp cinnamon
½ tsp nutmeg
¼ tsp allspice

Optional:
½ cup raisins
¼ cup walnuts
¼ cup chocolate chips
¼ cup almond slivers

Use any, several, or none - depending on what you like.

Pictured: walnuts & raisins →

Instructions:

1. Combine all ingredients thoroughly in a bowl
2. I use a small ice cream scoop to make the ball shape. You could use a spoon. You could also press down the balls, so that they are in the shape of cookies.
3. Bake at 350 degrees Fahrenheit for about 17 minutes.
4. Cool and enjoy!

Crispy Chickpeas

Ingredients:

1 can of chickpeas (drained, rinsed, and dried)
1 tbsp of oil (your choice, we use almond or avocado)
1 tbsp of tahini
¼ tsp salt
⅛ tsp ginger powder
⅛ tsp garlic powder

Instructions:

1. While drying chickpeas, remove any loose skins
2. Mix oil, tahini, ginger and garlic (or other spices in a bowl)
3. Coat chickpeas
4. Spread on a parchment paper or silicone mat, lined tray
5. Sprinkle salt on chickpeas
6. Remove any loose chickpea skins
7. Bake in preheated oven at 425 degrees Fahrenheit for 20-25 minutes or until crispy
8. Check after 10 minutes and again at 20 minutes, mixed chickpeas with a utensil

Remember, our health is not determined by one snack, one meal, not one day, one week, or even one month of eating.

Make the healthful choice the easy choice and build healthier habits over time.

You only have one body, it is your only place to live, and you are on this journey together.

Do NOT be too hard on yourself.

My Favorite Resources

Recipes, blog posts, and many videos, on YouTube, Instagram, and/or their websites...

Pick Up Limes (RD)

Food Heaven (both RDs)

Abbey Sharp (RD)

Maya Feller (RD)

Plantbasedrdblog.com - Catherine (RD)

Rainbow Plant Life

Minimalist Baker

Nutrition information, evidence-based and science backed...

Nutrtitionfacts.org - Michael Greger, MD

PCRM.org - Neal Barnard, MD

Befittwell.com → Me, Kathleen Law

Wishing you and yours a happy & healthy 2021!!

Thank you all!