Healthy Snacking Tips

A balanced snack can make all the difference in how hungry you feel. All it takes is some lean protein balanced with nutrient-rich carbohydrates from whole grains, fruits or vegetables. Pack at least one super snack into your day and you’ll get an energy boost, long lasting satisfaction and the nutrients your body needs to stay strong and healthy.

Practical Tips for Healthy Snacking

- Use snacks to fill the nutritional gaps in your diet.
- Choose a solid snack, which satisfies longer than a liquid snack. Research shows that people eat less food at mealtime if they consume a solid snack than a liquid snack with the same amount of calories.
- Vegetables and fruits are good snack choices, because they are low in calories and high in fiber, vitamins and minerals. They also can decrease the risk for certain cancers and heart disease. Seasonal vegetables and fruits taste great and are less expensive.
- Choose snacks that provide dietary fiber as well as other nutrients. Some good sources of dietary fiber are fresh fruits with edible seeds (berries) or skins (apples, peaches), dried fruits, raw vegetables and whole-grain bread or crackers (whole-wheat, rye).
- Enjoy a lean-protein food with a small amount of fat. This makes you feel satisfied and staves off hunger longer. Protein takes longer to digest, and fat helps slow the amount of time that food reaches your intestines from the stomach.
- Try new food or different forms of your favorites (ie. frozen bananas or grapes).
- Eat sensible portions. Single-serve containers can help you limit portion sizes. Choose the smallest plate, bowl or container possible, because the bigger the container, the more you tend to eat, although you think you’re eating the same amount. Don’t eat directly from the package. Skip “super” and “mega” size drinks and snacks.
- If you have a high-fat snack during the day, eat a low-fat dinner to stay within your daily limits of calories, fats and salt.
Farmer’s Market Salsa

1/2 cup fresh cooked or frozen corn  1 can (15 oz.) black beans, drained, rinsed
1 cup fresh diced tomatoes        1/2 cup diced onion
1/2 cup diced green pepper       2 Tbsp. lime juice
2 garlic cloves, finely chopped  1/2 cup picante sauce

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving. Serve with low-fat baked tortilla chips or fresh vegetables.
3. Refrigerate leftovers within 2 hours.

Guacamole on the Go

1 ripe avocado  1/8 tsp. powdered cumin
1/16 tsp. cayenne pepper  1/2 to 1 ripe Roma tomato, diced

1. Mash avocado with potato masher, pastry blender or fork
2. Mix in cumin and cayenne pepper. Stir in tomatoes.
3. Taste; add more cumin and cayenne pepper as needed.
4. Enjoy!

NOTE: Guacamole prepared without lime or lemon juice may turn brown sooner, so this recipe should be eaten immediately after serving.

Sources: http://www.clemson.edu/extension/hgic/food/nutrition/food_shop_prep/menu_planning/hgic4203.html; http://food.unl.edu/guacamole-go retrieved 8/29/16

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Kali Gardiner, R.D., ENP Coordinator  Shelly Johnson, M.S., ENP Administrator
E-mail – kalig@uidaho.edu               Email— sjohnson@uidaho.edu
Web: www.eatsmartidaho.edu              Phone: 208-446-1680

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