



HEALTHY ON THE GO: SMART SNACKING



Do you catch yourself saying, “I just don’t have time to eat healthy and exercise?” Finding time to do both is challenging with school, homework, sports, jobs, extra activities and hanging out with friends. When you do stop to eat, it’s probably tempting to consume something quick and easy... like grabbing a burger, fries, potato chips, or candy. Even though it can be challenging, it is possible to treat yourself to a healthy snack. In fact, if you have a hectic schedule, it’s even more important to eat healthy foods that give you the fuel you need to keep going.

Snacking on nutritious food can keep your energy level high and your mind alert without taking up a lot of your time. Snacks are a great way to satisfy that hunger and obtain all the vitamins and nutrients your body needs; but you need to pay attention to what you eat. Snacking on foods high in fat and calories will only slow you down. Here are some ways to make healthy snacking part of your everyday routine:

Prepare healthy snacks in advance. When you make something yourself, you get to control the ingredients and put in what’s good for you. Make your own granola or trail mix to go.

Keep healthy snacks with you. Make it a habit to have fruit, whole grain crackers, or baby carrots in your backpack. This way you will always have some healthy food nearby.

Get creative. Incorporate fruits and vegetables where ever you can. Some ideas: whole-wheat pretzels with spicy mustard, rice cakes with peanut butter and raisins, or low-fat fruit yogurt.

Satisfy cravings with healthier approaches.

If you’re crazy for chocolate, try a hot chocolate drink instead of a chocolate bar. An 8oz mug of hot chocolate has only 140 calories and 3 grams of fat. A chocolate bar has 230 calories and 13 grams of fat. Try baked tortilla chips instead of regular corn chips and pair them with salsa instead of sour cream. Satisfy salty cravings with pretzels instead of chips. Baked chips are a healthier alternative than potato chips but shouldn’t be included in a regular routine for healthy snacks.



Watch your portion sizes. Portion size is another aspect to keep in mind when snacking. It’s important to read serving size information. What may look like a small package of cookies can contain two or more servings, which means double or even triple the amounts of fat, calories, and sugar shown on the label. People who eat regular meals and healthy snacks are less likely to overeat and gain weight than people who skip meals or go for long periods without eating and then scarf down a large order of fries. Knowing how much food your body needs to satisfy this hunger is critical. Moderation is the key.

TIP OF THE MONTH

Did you forget to bring your snack today? Here’s a list of the best “healthy” vending machine foods:

- Pretzels
- Peanuts
- Fruit Snacks
- Animal Crackers
- Chex Mix
- Baked Cheetos
- Twizzlers





HEALTHY SNACKING TIPS!

Crunchy & Salt Snacks

Light Popcorn or rice cakes
Pretzels (use honey mustard for dipping)
Baked Tortilla chips and salsa

Fruits & Veggies

Apples w/ caramel dipping or low fat yogurt w/peanut butter
Raw veggies w/ low fat dressings
Frozen grapes
Ants on a log- Spread peanut butter on celery sticks and top with raisins

Dairy

String cheese
Light yogurt
Chocolate milk w/low fat milk
Cottage cheese w/canned pineapple

Sweets

2 whole wheat fig bars
2 low fat graham crackers spread w/ 1 T chocolate frosting or peanut butter
3 Hershey Kisses
Animal crackers (half a small box)

Drinks

Banana Chocolate Whip

In a blender, combine 1 cup fat-free milk, 1 small banana, and a squeeze of chocolate syrup.
Optional: toss in a few ice cubes for a frostier concoction.

Banana Ice

Peel several ripe banana's, break them into pieces, and freeze the pieces, just before serving, whirl the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.

Orange Whip

In a blender, combine, 1 cup orange juice, 1 carton orange nonfat yogurt, and a few ice cubes
Light Root Beer Float
Diet root beer with 1 cup low-fat ice cream

Other

Mini pizza

Spoon pizza sauce onto half a bagel, English muffin, or mini pita, top with low-fat mozzarella cheese and your favorite veggies.

Happy trail mix

Combine 1 cup whole-grain toast oat cereal with ¼ cup chopped walnuts and ¼ cup dried cranberries for a healthy trail mix.

EXERCISE TIPS!



Did you know...

Five minutes of stair climbing burns 144 calories?

Exercise on the go. Walk wherever you can. Parking far away from class to help reach your 30 minutes of exercise a day.

Take the stairs instead of the elevator. You'll get there faster and use your muscles while you're at it!

Top 7 Reason's to use the Stairs:

1. Stair climbing is a free workout!
2. Stair climbing burns 10 times more calories than taking the elevator.
3. Stair climbing is faster than taking the elevator.
4. Stair climbing improves Heart Health: Physical activity can increase the amount of "good cholesterol" in the blood. (HDL concentrations)
5. Stair climbing helps you to breathe better: You will be fitter and have a higher aerobic capacity.
6. Stair climbing increases leg power and reduces the risk of injury.
7. Stair climbing relieves stress and tension.

