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September: Healthy Snacking

Utah State University Extension

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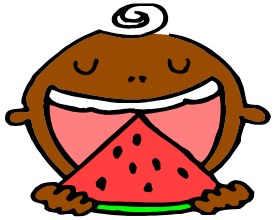
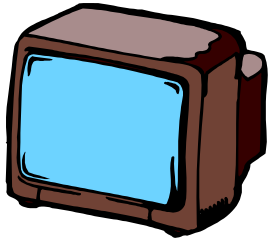
Healthy Snacking

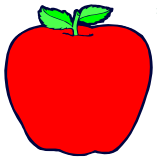


Snacking can play an important part in healthy eating. Choose foods from the bottom 5 groups of the Food Guide Pyramid.

* **Choose snacks for variety** – Eating different snacks on different days adds to the variety of foods you eat.
* **Snack when you are hungry** – Avoid eating when you are bored, frustrated, or stressed. Walk around the block, clean the house, wash the car, or do some other activity instead of eating.
* **Make snacking a conscious activity** – Without realizing it, you can overeat easily when you snack while doing something else such as watching TV.



* **Eat snacks well ahead of mealtime** – A light bite, eaten 2-3 hours before meals, probably won't interfere with your appetite.



* **Eat snack-sized portions** – Snacks are not to take the place of meals. Smaller portions usually are enough to take away between-meal hunger pangs without interfering with your mealtime appetite.
* **Go easy on high sugar, high fat snacks** – Enjoy them in small amounts, but snack mostly from the lower five food groups of the Food Guide Pyramid.
* **Plan ahead** – Keep lots of different, tasty, nutritious, ready-to-eat snacks on hand at home, at work, or wherever you need a light bite to take the edge off hunger.

Utah State University Extension

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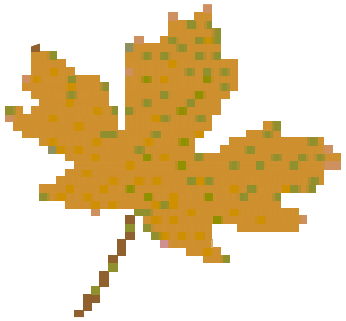
Source: Duyff RL. *The American Dietetic Association's Complete Food and Nutrition Guide.* Chronimed Publishing: Minneapolis, MN; 1996.



September

Granola

4 cups rolled oats
1/4 –1/2 cup brown sugar, maple syrup, or honey
1/4 cup oil (safflower ***or*** canola)
1/4 cup water
1 tsp vanilla
2 tsp cinnamon

1. Preheat oven to 300 degrees.
2. Combine all ingredients in large bowl, mix well, and spread in large baking pan.
3. Bake 10 minutes, stir, then bake 10 more minutes.
4. Add optional ingredients if desired.
5. Let cool and store in airtight container. Makes 5 cups.

**Optional: raisins, wheat germ, chopped nuts, sunflower seeds.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Pop up some popcorn. Have it plain or add a little melted margarine.		Enjoy fresh fruits and vegetables for snacks		Mix granola (see recipe to the left) or Grape Nuts in yogurt.	
Keep carrots, celery, broccoli, cauliflower sticks in a container in the fridge for snacks.		Make a cracker sandwich with cream cheese and a slice of cucumber.		Eat raisins or other dried fruit.		Add fruit to cottage cheese.
	Try pretzels.		Dip crackers in cottage cheese.		Bite into a bagel.	
Spread peanut butter in celery slices.		Chomp on plain whole wheat crackers.		Make your own trail mix with pretzels, raisins, granola (see recipe to the left), and dried fruit.		Drink 100% fruit juice or milk.
	Make a cracker sandwich with cheese and/or ham.		Sip a fruit smoothie (see recipe for August).		Spread applesauce on a slice of wheat bread.	

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