

# Smart Snacks



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## Snack (Merriam-Webster):

- a light meal
- food eaten between regular meals

## Snack vs. Junk Food

- Most snack food designed to be portable, quick, satisfying
  - Highly processed
  - Low nutrient value, high calorie



## Snack Effect

### Healthy Snacking

- Boost energy between meals
- Activate metabolism
- Keep you healthy by providing important nutrients
- Leave you feeling sluggish or fatigued
- Can lead to weight gain
- Cause health problems because full of unhealthy substances and additives



## Healthy Snacking

### Why?

- Prevent hunger, fuel metabolism, increase nutrient intake

### How Often?

- 1-2 snacks per day for weight maintenance/loss
- 2-3+ snacks per day for weight gain

### When?

- Between meals separated by more than 4 hours (afternoon snack\*)
- After high-intensity workouts

## “Good” Snacks

- **Nutrient dense:**  
Plant based, minimally processed, whole foods
- **Portion controlled:**  
~150-250 calories
- **Balanced:**  
Complex Carbohydrate  
+  
Healthy Protein

## Nutrient Dense

Plant based

Minimally Processed

Whole Foods



## Plant-Based Snacks

- Plant “based” ≠ vegan
  - 2/3 or more foods from plants
  - 1/3 or less from animals

- Plant foods = fruit, vegetables, whole grains, nuts, seeds, beans, legumes

- Prevent cancer, heart disease, diabetes
- Promote clear skin/healthy hair, slow effects of aging



## Minimally Processed – Whole Foods

### □ Good choices:

- Foods not in a package
- Foods that will eventually rot
- Foods with 5 or less ingredients

### □ Poor choices:

- Foods with ingredients you can not pronounce
- Foods containing partially hydrogenated oil, high-fructose corn syrup, or any artificial colors, flavors, or sweeteners
- Foods your grandmother would not know was food

## Balanced Snacks

Complex carbohydrate

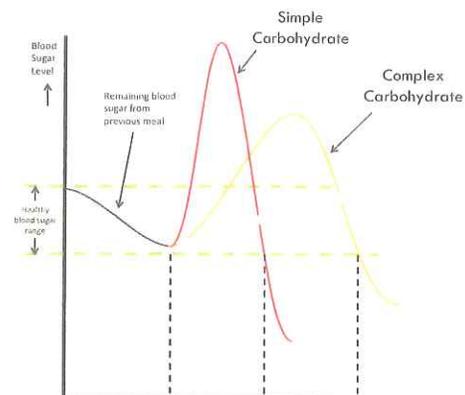
+

Healthy protein

## Why Complex Carbohydrate?

### Complex carbohydrate

- provides immediate energy
- nutrient dense



Blood Sugar Levels after Eating

# Carbohydrates

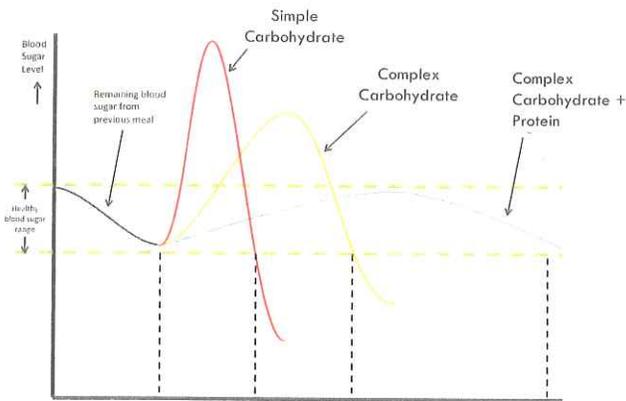
## Simple Carbs- choose LESS often

- "Whites" (white bread, white rice, white pasta, regular crackers)
- White potatoes
- Soda, Juice
- Candy, Sweets
- Sugar, Honey, Jelly, Jam



## Complex Carbs- choose MORE often

- Whole wheat/whole grain bread
- Brown rice, Whole wheat pasta
- Whole grain crackers
- Starchy vegetables (sweet potato, winter squash, corn, peas)
- Whole fruits
- Other whole grains (oats, quinoa, bran, bulger, etc)



Blood Sugar Levels after Eating

# Why Healthy Protein?

## Complex carbohydrate

- provides immediate energy
- nutrient dense

+

## Healthy protein

- sustains energy
- maintains blood sugar levels
- helps you feel full for longer

# Proteins

## Healthy Proteins

- Lean meat/poultry, fish - 3 oz
- Cheese - 1 oz, 1 slice
- Cottage cheese - 1/2 cup
- Eggs, egg whites - 1 egg, 2 egg whites)
- Greek yogurt - 6 oz
- Beans (black, kidney, lentils, etc) - 1/2 cup
- Hummus - 1/4 cup
- Nut butters (peanut, almond, cashew) - 2 Tbs
- Seeds, Nuts - 1/4 cup



# Balanced Snack Ideas

Complex Carbohydrate	Healthy Protein	calories/protein*
1/2 cup pineapple (C)	+ 1/2 cup 2% cottage cheese (P)	130 cal/13g
1 cup raw vegetables (C)	+ 1/4 cup hummus (P)	150 cal/4g
1 cup berries (C)	+ 1/2 cup frozen Greek yogurt (P)	150 cal/6g
1/2 whole grain tortilla (C)	+ 3 slices turkey breast (P)	160 cal/14g
1 pear (C)	+ 1 string cheese (P)	170 cal/8g
1 slice whole grain toast (C)	+ 1 hard boiled egg (P)	180 cal/9g
10 corn chips (C)	+ 1/4 cup black bean dip (P)	185 cal/6g
1 banana (C)	+ 1 Tbs almond butter (P)	190 cal/5g
1/4 cup granola (C)	+ 6 oz Greek yogurt (P)	200 cal/16g
1 apple (C)	+ 2 Tbs peanut butter (P)	215 cal/8g
6 whole grain crackers (C)	+ 1 slice 2% cheese (P)	220 cal/11g
1/4 cup dried fruit (C)	+ 1 handful (1 oz) mixed nuts (P)	250 cal/5g

\*varies depending on brand

# Portion Control

~150-250 calories per snack\*

\*May be more/less depending on circumstances

## Snack Calories

- Americans consume ~600 calories/day in snacks
  - Doubled over past 30 years
  - 50% snack calories from beverages



## Calorie density

### 100-Calorie Snacks: What a Difference Calorie Density Can Make

100 calories of each of these snacks is shown. The volume of the low-calorie snacks is much larger than the high-calorie snacks, illustrating the difference in calorie density.



Photo: iStockphoto.com/Marcus J. Terrell/Alamy Pictures

## Healthy Calorie Dense Foods

- High fat foods**
  - Nuts, nut butters, seeds, avocados, oily fish, cheese, full fat dairy products (i.e. cheese, ice cream, yogurt), oil, oil based dips/spreads (i.e. hummus)
- Low-water content foods**
  - Dried fruits, dehydrated foods, granola
- High concentrated sugar foods**
  - Honey, sugar, molasses, smoothies, dark chocolate

## Portioning Calorie Dense Snacks

Nuts	= 1oz (1 handful)		~ 180 calories
Nut butter	= 2 Tbs (ping pong ball)		~ 180 calories
Cheese	= 1oz/1 slice (4 dice)		~ 100 calories
Hummus	= 1/3 cup (computer mouse)		~ 160 calories
Granola	= 1/3 cup		~ 150 calories
Dried fruit	= 1/4 cup (hard boiled egg)		~ 80 calories

## Low/High Calorie Snacks

- <150 calories**
  - Morning Snack
    - Protein key to controlling hunger
      - Hard boiled egg, 10 almonds, 1 oz cheese
  - After Dinner Snack
    - Protein not always needed...
      - Air popped popcorn, fresh fruit, 1 oz dark chocolate
  - Watch "snack sized" junk food
    - Empty calories, high carbs = increase hunger
- >250 calories**
  - Athletes, teenage boys, need weight gain, "mini-meals"

## Post-workout Snacks

- Best to re-fuel within 30 minutes of intense exercise
- Protein + Carbohydrate to replenish stores/build muscle
  - See balanced snacks for ideas.....
- Chocolate milk!



## Best Vending Machine Choices

Forgot your snack? Try these...

- Small bag of pretzels, peanuts, almonds or trail mix
- Fat-free or reduced fat popcorn
- Whole-wheat crackers with peanut butter or cheese
- Whole-grain granola or cereal bars
- Graham or animal crackers
- 100% fruit or vegetable juice
- Fresh fruit
- Dried fruit such as raisins, cranberries or apricots
- Microwave soup or oatmeal



## Tips for Success

- "Failure to plan is planning to fail"
  - Keep healthy snacks at home, office, car
  - Get rid of as many unhealthy temptations as possible
- Beware of Mindless Snacking/Grazing
- Avoid "health halo" snacking
- Read those labels!
- Allow for the occasional indulgence



## Questions??



**THANK YOU!!**





# simply healthy

from your Hannaford Dietitian



## Energy Bars: How Do I Choose?

In nutritional terms, "energy" is a synonym for calories, so generally all foods provide you with energy. Energy and fitness bars can be great snacks - they're convenient and small enough to carry anywhere. The purpose of energy bars is to help offset fatigue and improve concentration at vital times. They've become so popular that sales have increased 50 percent in the last few years. With so many on the market, choosing the right one can be confusing, and many bars marketed as "fitness" or "energy" bars have a less than desirable nutritional profile, with high levels of inexpensive simple sugars and syrups (like glucose syrup, high-fructose corn syrup).

**To become knowledgeable about reputable bars on the market, it's important to consider a few key elements:**

- Carefully read nutrition labels and choose one with natural ingredients without artificial sweeteners, high-fructose corn syrup or artificial flavors or colors.
- Choose a bar with carbs from healthy ingredients such as fruits or fruit purées, natural grain syrups, nuts and whole grains to provide long-term energy.
- Watch calories and fat - up to 300 calories and 10 grams of fat is reasonable for a meal replacement, but cut that in half for a snack. Kashi® TLC Chewy bars are a perfect snack with just 140 calories and 5 grams of fat.
- Aim for energy snacks with zero trans fat and no partially hydrogenated oils.
- Choose a bar that has at least 3 grams of fiber and no more than 20 grams of sugar.
- Look for vitamins and minerals that you wouldn't get from foods (like calcium and iron).

Although these convenient snacks are a great way to avoid junk food, there's no substitute for real, balanced meals. Many of these bars are fortified with the same vitamins and minerals found in fruits and vegetables. However, they don't contain phytochemicals, bioflavonoids, natural fiber and balanced vitamins and minerals, so their health benefits aren't the same. Aim for a diet where most of your nutrients are from fresh fruits, vegetables, whole grains and lean protein.



**Interested in learning more?** Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at [hannaford.com/dietitian](mailto:hannaford.com/dietitian)

## POPCORN TOPPINGS WITHOUT THE SALT!

**Parmesan Parsley:** Toss with 3 tablespoons freshly grated Parmesan cheese and 1 teaspoon finely minced fresh parsley

**Truffles:** Drizzle with 1 teaspoon [truffle oil](#) and 1 teaspoon olive oil and toss.

**Italian:** Spray with olive-oil cooking spray and toss with 1 teaspoon Italian seasoning and 1/4 teaspoon garlic powder.

**Sesame:** Drizzle with 1 teaspoon sesame oil and toss with 1 1/2 tablespoons gomasio (toasted sesame seeds and nori seaweed. Can't find it in your grocery? Use 1 1/2 tablespoons sesame seeds).

**Orange Rosemary:** Toss with 1/2 teaspoon rosemary, 1/8 teaspoon orange zest, and 1 dash garlic powder.

**Vegan Cheese:** Drizzle with 1 [teaspoon](#) coconut oil and toss with 1 1/2 [tablespoons](#) nutritional yeast

**Lemon Pepper:** Toss with 1/4 teaspoon black peppercorn and 1/8 teaspoon lemon zest

**Spicy Paprika:** Toss with 3/4 teaspoon chili powder and 1/4 teaspoon paprika.

**Thai:** Toss with 1 teaspoon each curry powder and dried basil, 1/8 teaspoon cayenne, and zest of 1 lime.

**Chipotle Chocolate:** Toss with 1/2 teaspoon cocoa powder and 1/8 teaspoon chipotle [seasoning](#).

**Cajun:** In small saucepan, heat 1 teaspoon canola oil over medium heat. Stir in 1/4 teaspoon each cumin, [garlic powder](#), dried basil, dried thyme, and paprika; 1/8 teaspoon black pepper; and 1 dash cayenne pepper. Reduce heat to low and cook for 1 minute. Drizzle over popcorn and toss.

**Chili Lime:** Drizzle with 1 tablespoon extra virgin olive oil and a few shakes of Tabasco. Toss with 1 teaspoon each freshly squeezed lime juice and lime zest, 1/4 teaspoon cumin, and 1/8 teaspoon each chili powder and [chili flakes](#).

**BBQ:** Toss with 1 teaspoon smoked paprika and 1/2 teaspoon each garlic powder and onion powder

**Wasabi:** Toss with 1 1/2 teaspoons wasabi powder, 1 teaspoon sugar, 1/8 teaspoon cayenne, and 1 finely crumbled sheet nori

**Sweet Chili:** Combine 1 1/2 teaspoons honey and 1 dash each garlic powder, chili powder, and cayenne pepper. Microwave mixture on high for 15 seconds. Drizzle over popcorn and toss with 2 tablespoons freshly grated Parmesan cheese

**Mexican Hot Chocolate:** Toss with 1/4 teaspoon each cocoa powder and cinnamon.