



# 2017 Spring Mind Body Reset

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## Guide to Snacks

### DELICIOUS SNACKS

If you have a general sense of your calorie needs, it will help you to decide if you should include a snack or two. Raw or cooked vegetables are often a good between meal snack for those who are calorie conscious but want to nibble between meals. If you still need more, just add these as needed to help you reach your calorie needs:

Light n'easy (around 50-100 calories):

- 1 serving of whole fruit
- 12 raw, unsalted almonds or cashews
- A cup of mixed berries
- 1 boiled egg
- 1 cup of frozen grapes
- Veggies and 2-3 Tablespoons hummus
- ½ small baked sweet potato
- 20 dry roasted unsalted pistachios
- 2 cups air popped popcorn with ground pepper

A bit more (100-200 calories):

- 1 fruit with 10 nuts or 1 Tablespoon nut butter
- 1/3 cup fresh guacamole with celery or bell peppers
- 1 boiled egg with 1 serving of fruit
- ¼ cup oatmeal (dry measure) cooked and topped with a ½ cup fresh berries
- Brown rice cake with 1 Tablespoon nut butter
- 3 dried apricot halves with 12 almonds
- 3 Tablespoons unsweetened dried tart cherries with 12 raw cashews



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### SOME OF OUR FAVORITE RECIPES:

#### Spiced Almonds

Toss ¼ cup almonds with ½ teaspoon olive oil, 1/8 teaspoon cumin, and a pinch each of cinnamon, paprika, garlic powder, salt and pepper. Cook in 300°F oven for 20 minutes, tossing occasionally. Make extra and store in an airtight container for the week.

190 kcal, 7g Protein, 7g Carb, 120mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 6% Iron

#### Cinnamon-Banana Ice Cream

This simple treat has been re-created many times and continues to top internet healthy treat searches. Try your own variation by adding cacao or topping with melted peanut butter. Combine 1 frozen chopped banana (must be frozen) with 1/8 teaspoon cinnamon and 1 Tablespoon almond milk. Blend until reaches frozen yogurt consistency. Top with 1 Tablespoon chopped almonds and a bit more cinnamon, if desired.

150 kcal, 3g Protein, 29g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 4g Fat, 0g Saturated, 15g Sugar, 2% Calcium, 4% Iron

#### Parsnip Fries

Peel parsnip and cut into ¼ inch fries. Brush fries with ½ teaspoon olive oil and sprinkle with a pinch each of salt and black pepper. Cook in 400°F oven for 15 -18 minutes until crispy.

70 kcal, 1g Protein, 12g Carb, 125mg Sodium, 3g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 3g Sugar, 2% Calcium, 2% Iron

#### Salted Edamame and Oranges

Bring 1 ½ cups water to a boil. Add a pinch of kosher salt and edamame in shells. Cook for 4-5 minutes. Drain and add an additional pinch of salt. Serve with a sliced orange. This can be made in advance and served chilled.

160 kcal, 9g Protein, 23g Carb, 30mg Sodium, 7g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 12g Sugar, 10% Calcium, 10% Iron

#### Harvest side salad

Toss 1 cup spinach with 1 teaspoon each of oil and vinegar. Add ½ apple diced, 1 Tablespoon almonds, a few pieces thinly sliced onion and ¼ cup leftover cooked squash or zucchini, if desired.

170 kcal, 3g Protein, 19g Carb, 25mg Sodium, 4g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 11g Sugar, 8% Calcium, 8% Iron



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### SOME OF OUR FAVORITE RECIPES CONT...:

#### **Baked corn chips**

Add a side of chips to your soup or salad! Brush a corn tortilla on both sides with olive oil and add a pinch of salt. Slice into 6-8 even slices. Add to a 425°F oven. Cook for 5-8 minutes until lightly browned and crispy

80kcal, 1g Protein, 11g Carb, 125mg Sodium, 1g Fiber, 0mg Cholesterol, 3g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 0% Iron

#### **Cashews & Kiwi**

The classic fruit and nut combo is easy to vary based on the meals you are cooking that week. Kiwi is such a healthy fruit and easy to carry along for a quick snack. Varying your weekly fruit choices helps alleviate the boredom of having the same snack week after week, so something simple to prepare stays fresh and new!

1/8 cup cashews, 1 Kiwi: 140kcal, 3g protein, 16g carbs, 0mg sodium, 3g fiber, 0mg cholesterol, 8g fat, 1.5g saturated, 2% calcium, 15% iron

#### **Carrots with Cashew Butter**

Make your own cashew butter in a high speed blender or substitute with a jar of natural cashew or an alternate nut butter. This snack is full of crunch and the combination of vegetable-based carbohydrates, healthy fats, and fiber will help keep you full and satisfied.

2 carrots, cut into sticks, 1 Tablespoon Cashew butter for dipping: 160kcal, 4g protein, 21g carbs, 80mg sodium, 5g fiber, 0mg cholesterol, 8g fat, 1.5mg saturated, 15% calcium, 6% iron

#### **Sweet potato**

No extra ingredients needed, the sweet potato is a perfect stand-alone snack. Rich in fiber, vitamins, and minerals, and very portable, a sweet potato is a perfect between-meals snack or a great meal-booster for those who need a few extra calories. Pre-bake and pack or make into fries or rounds, if desired. Once you get into the habit, no chip compares to thinly sliced, lightly salted baked sweet potato rounds.

1 sweet potato: 110kcal, 2g protein, 26g carbs, 70mg sodium, 4g fiber, 0mg cholesterol, 0g fat, 0g saturated, 4g fiber, 0mg cholesterol, 4% calcium, 4% iron



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### GUIDE TO SNACKS

The concept of eating small frequent meals and snacks can be helpful for various reasons. But, this advice has been complicated by significant marketing of snack foods to replace whole nutritious food. Instead of reaching for easy packages which often leave us unsatisfied and lead to greater fatigue, try to take a new approach to snacking. The first step to successful snacking is planning. Here are some tips and strategies to help create a snacking strategy.

#### 1. Drink a glass of water or herbal tea before eating your snack

Thirst is often confused with hunger. Being dehydrated (even slightly dehydrated) can cause a decrease in energy levels which can make us crave energy-dense, nutrient-low snacks. Drinking a glass of water or unsweetened herbal tea prior to eating will give you a few moments to pause and think about your snack. Studies have shown that drinking water or unsweetened tea can actually contribute to weight loss because it can help fill you up prior to eating.

#### 2. View snacks as another opportunity to incorporate vegetables and fruit

This is the simplest and also the most effective strategy to improve snacking. We are conditioned to relate snacking to “snack foods” so rather than reaching for a sweet potato, fruit or a cup of vegetable soup, we look to packages to satisfy our snacking needs. Try to keep only one “healthier” snack cracker or air popped popcorn kernels in your house at a time. When thinking about snacks, first reach for a piece of fruit or vegetables (cooked, raw, all vegetable soup or salad). Then, if you need more substance, pair it with another whole food source of protein or fat.

#### 3. Pair with lean protein or healthy fat

The anatomy of your snack will change depending on the *purpose* of your snack. Start with a base of vegetables or fruit, always.

Then ask yourself a few simple questions:

- How hungry am I?
- When is my next meal?
- What do I need to accomplish between now and my next meal?



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If your next meal is an hour away and you are just looking for a quick refresh, the fruit or vegetable alone is probably enough. However, if you are looking for a long-haul option or a snack to fuel exercise, pair your fruit and vegetable with a healthy protein or fat. For example:

- *Boiled egg + fruit*
- *Nut butter + fruit*
- *Hummus or guacamole + vegetable sticks*
- *Cup of roasted vegetables + tahini*

#### 4. Make your own

Muffins, chips, granola/energy bars, candy, salted or sweetened nuts and sweetened yogurts are among the most widely consumed snacks. Instead of giving up foods, try to make a better version at home. Often, over time you find that the store-bought versions are too sweet or salty and the homemade versions actually taste better.

- Replace candy with almond butter or cacao covered strawberries
- Replace chips with baked sweet potato rounds, kale chips or homemade corn tortilla chips
- Make your own trail mix by combining unsalted nuts with a variety of unsweetened dried fruit
- Make your own simple fruit and vegetable salsa for a healthy and delicious topping or dip. Dice fruit and vegetables well and adding a bit of onion, herbs, citrus juice and a pinch of salt. This flavor will go a long way to keep you satisfied without adding extra calories, sugar and salt.

#### 5. In a pinch, select the package with the least ingredients versus the item with more protein/fiber.

We are conditioned to relate health to specific nutrient contents rather than thinking about the food overall. Start instead with the ingredient list. Aim for the food with the least ingredients, preferably 5 or less.

Create your own list of favorite snacks and take pleasure in knowing that with every snack you have another opportunity to ***nourish your body.***