

## Healthy Snacking Tips

SelectHealth Champions Meeting, March 6, 2016

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Look to replace highly processed snacks that are typically loaded with added sugars, salt, trans and saturated fats and empty calories. Seek healthier choices that both minimize the damage and optimize the benefits. Alternatives can taste good, be satisfying and have some genuine nutritional value. Whatever you choose to snack on eat it mindfully and really enjoy it.

If you choose to eat a purely recreational snack:

- Make your choice very consciously.
- Decide in advance how much you are going to eat.
- Pay especially close attention to how much pleasure you actually derive from consuming it and how your body feels in response to it.

Be willing to explore and experiment with options. Your taste preferences and urges will change over time.

### According to current Intermountain nutrition guidelines:

While sugary candy, snacks, and soda will not be sold in our facilities, we aren't eliminating sugar entirely. Over time, we'll be trying new recipes, offering smaller portions with our dessert options, and preparing comfort foods in healthier ways...Candy will be replaced with many delicious and naturally sweetened foods. Healthy snacks will include snack bars, baked chips, popcorn, pretzels, nuts, fresh and dried fruits, fruit and vegetable cups, cheese and crackers, hummus, yogurts, and more. Sugar-free or low-sugar beverages such as diet soda, fruit flavored waters and seltzers, natural fruit drinks, natural vegetable and fruit juices, teas and coffee will be available. (Selections, March 1, 2017)

### Quick Tips: Making Healthy Snacks - Get started

From: WebMD, March 6, 2017. <http://www.webmd.com/food-recipes/tc/quick-tips-making-healthy-snacks-get-started>

A big part of [healthy eating](#) is eating more whole grains, fruits, vegetables, and low-fat milk products. [Healthy snacks](#) are a great way to make sure that you get plenty of these nutritious foods every day. Use these ideas to get started.

Make smart snack choices

- Find healthier substitutes for high-fat snacks. If your favorite high-fat snack is potato chips and dip, try baked tortilla chips with bean dip or [hummus](#) instead.
- Make snacks interesting. If the idea of a plain piece of fruit doesn't appeal to you, try dipping fruit slices in low-fat yogurt sprinkled with [cinnamon](#) or nutmeg.

- Be prepared. Have snacks ready for when you get [hungry](#). For example, keep [healthy snacks](#) with you at work or school, in your car, and at home. If you have a healthy snack easily available, it's less likely that you'll pick a candy bar or bag of chips instead.

#### Foods that make quick, healthy snacks

- Yogurt
- String cheese
- Low-fat microwave popcorn
- Canned fruit or applesauce in single-serving containers
- Raisins and other dried fruit
- Whole wheat crackers
- Pretzels
- Flavored rice cakes
- Unsalted nuts
- Baby carrots
- Cherry tomatoes

#### Snack ideas

- Combine honey and peanut butter or almond butter for a protein-rich dip for raw apples, carrots, celery, and pretzel sticks. This spread also tastes great on bagels, rice cakes, and whole-grain crackers.
- Mix fresh or frozen berries with low-fat yogurt. Top with sliced almonds or granola to make a fruit parfait.
- Top whole-grain crackers with low-fat cottage cheese or ricotta cheese and sliced tomatoes or red pepper strips.
- Make your own healthy trail mix with high fiber cereal, dried fruit (such as cranberries, blueberries, and dates), and nuts such as almonds. This mix also makes a great topping for yogurt.
- Spread low-fat cream cheese on a whole-grain bagel. Sprinkle sunflower seeds and raisins on top of the cream cheese for extra flavor.
- Dip colorful sliced vegetables in low-fat salad dressing or [hummus](#). Try red, yellow, and orange bell peppers; broccoli; cauliflower; and cherry tomatoes.