

Smart Snacking

May 13, 2020

Today's Presenters:

Annie Scott, MPH RD

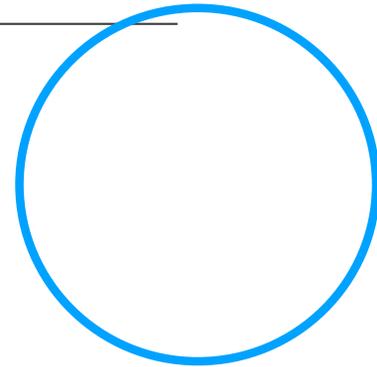
Lauren Kruse, MPH RD

LIVE FOR LIFE at Duke

HEALTHY DUKE[®]



*Food
Matters*

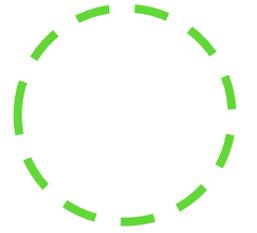




HEALTHY DUKE



*Food
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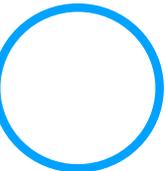


The new world of social distancing has changed our relationships with FOOD and led to new challenges for HEALTHY EATING. Join us for a quick and interactive ZOOM session with Duke Dietitians, as we share ideas, information, and discussion.

NEXT UP ON FOOD MATTERS:

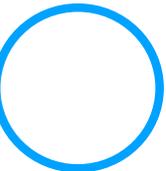
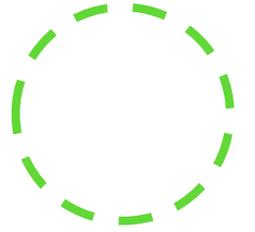
Wednesday, May 20 @ 2pm Fruits and Veggies – Cleaning, Storing, Preparing

Wednesday, May 27 @ 2pm Fitting Physical Fitness into Your Social Distancing Routine

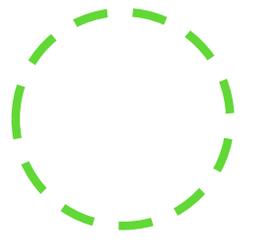
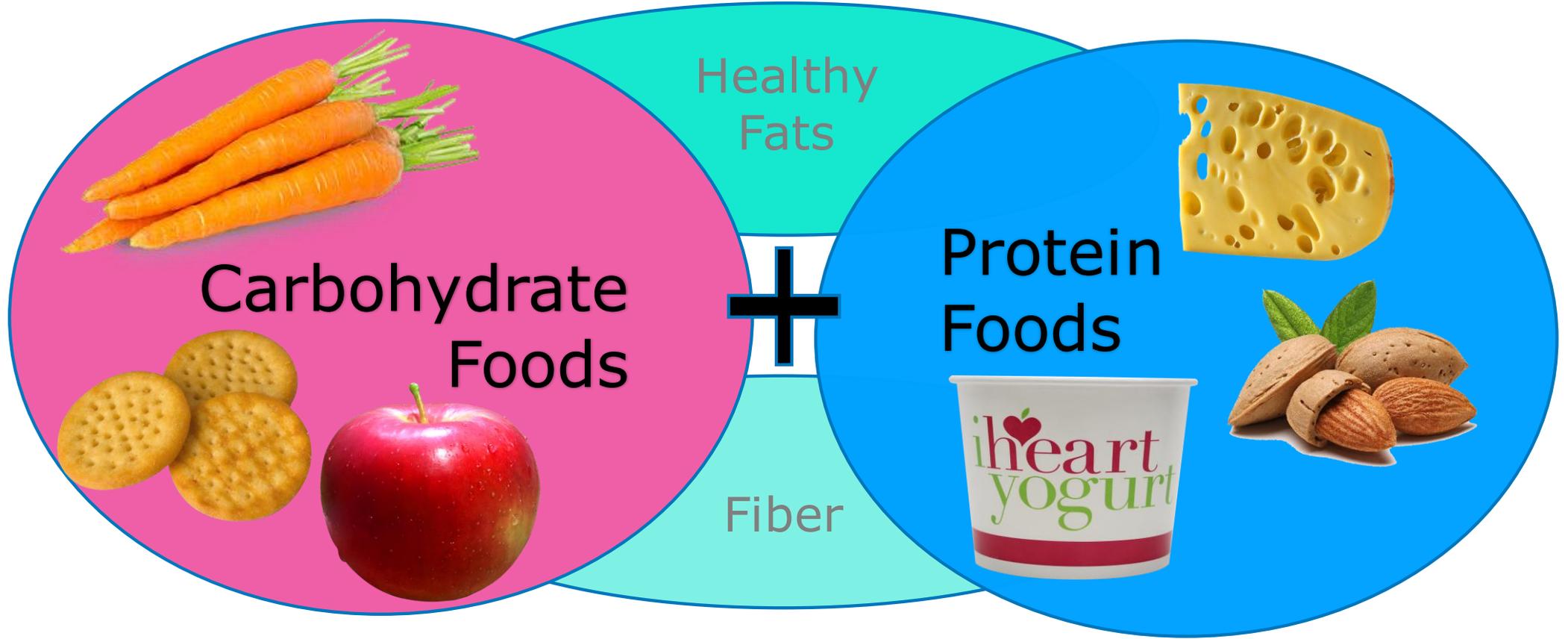


WHAT IS A SNACK?

- Snacks can be part of a healthy diet
- Opportunity to get nutrients that are lacking at meals
- Satisfy hunger between meals
- Everyone has different snacking **patterns** – and that's okay!



BUILDING A HEALTHY SNACK



PAIRING PROTEIN + CARBS

Pair a carbohydrate food and a protein and/or healthy fat to create a snack that will give you energy and satisfaction!

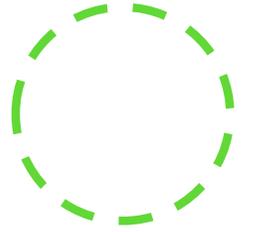
Examples:

- Hard boiled egg + piece of fruit
- Yogurt dip + fresh veggies
- Fruit + nut butter
- Whole grain crackers + cheese
- Yogurt + berries



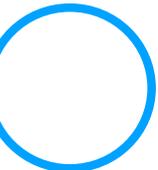


POLL: WHICH OF THESE SNACKING HABITS DESCRIBES YOU?

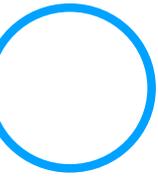
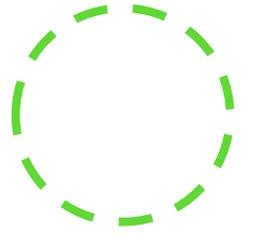
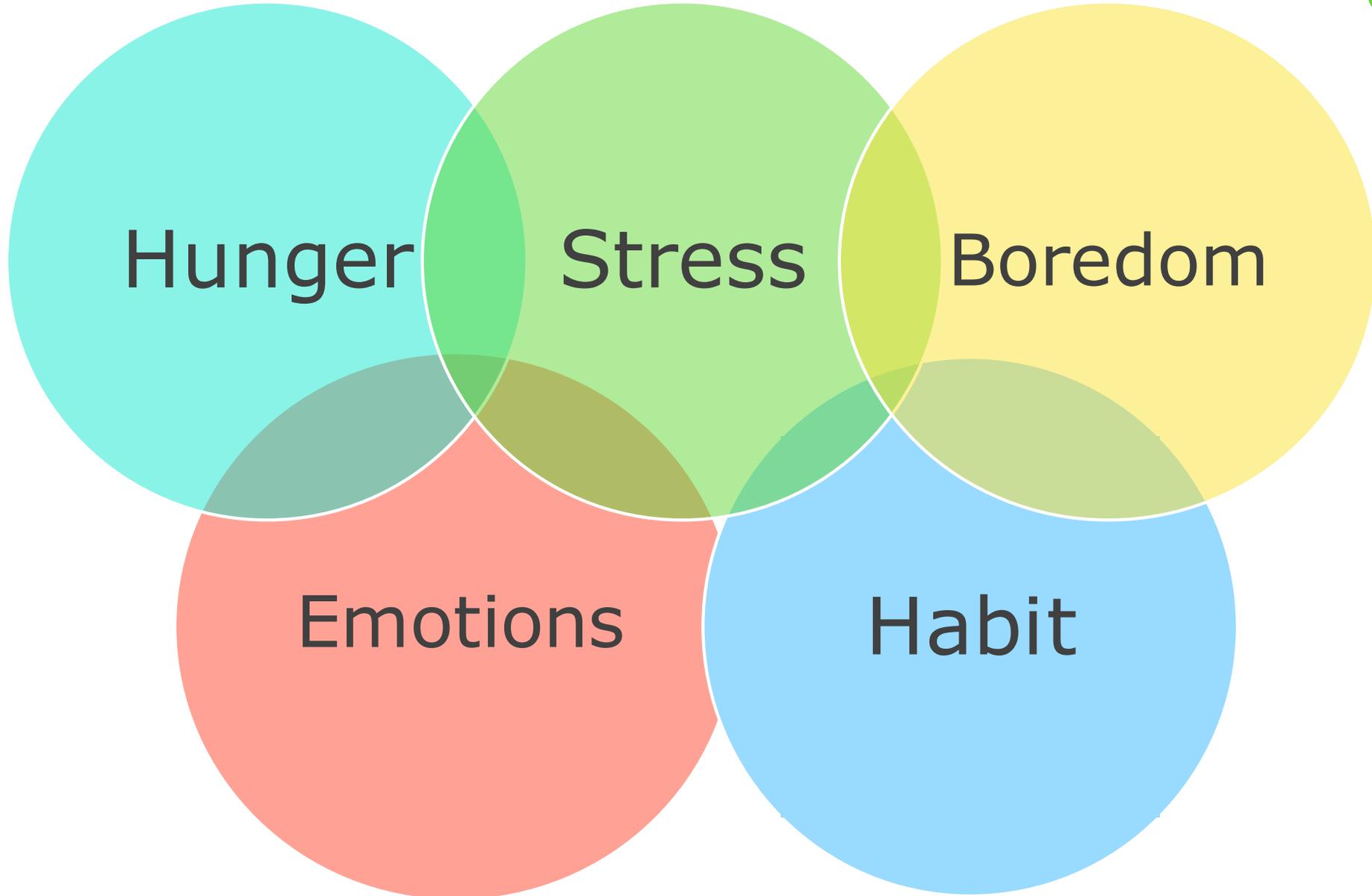


Choose One or more:

- A. My snacks usually include more than one food group.
- B. I tend to graze throughout the day when food is available.
- C. I tend to snack in response to moods or emotions.
- D. I only tend to snack if I feel hungry.
- E. I snack on junk foods if they are around.
- F. I don't often snack between meals.



WHY DO WE SNACK??

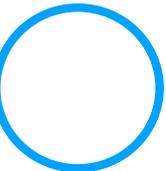
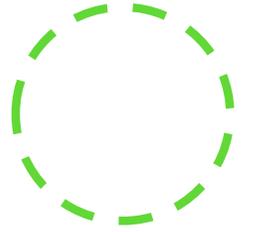


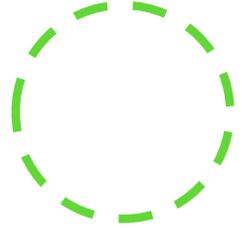


MINDFULNESS

Where do you snack?

- At your desk
- In front of the TV
- Driving a car
- In your kitchen





The Hunger Scale



Starving,
Weak,
Dizzy

Very
Hungry,
Low
Energy

Pretty
Hungry,
Stomach
Growling

Beginning
Hunger

Satisfied,
neutral

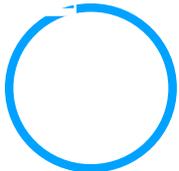
Slightly
Full

Slightly
Uncomfor
table

Feeling
Stuffed

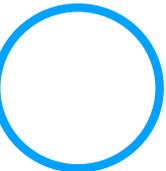
Very
Uncomfor
table,
Stomach
Ache

Feel Sick



WHEN YOU WANT TO SNACK, BUT YOU'RE NOT HUNGRY

- Drink a glass of water or hot tea
- Chew a piece of gum/have a mint
- Brush your teeth
- Go for a walk
- Call a friend
- Keep your hands busy – crossword puzzle, knitting



SMART SNACKING TIPS

Portion Control Tips:

- Buy preportioned snacks – cheese stick, 100 calorie snack packs nuts
- Measure
- Avoid eating directly out of the bag or container
- Pack your snack (set aside your snack when packing/preparing other meals)
- ◦ Close kitchen at certain time in evening (turn off light)



100 Calorie Snack Comparison

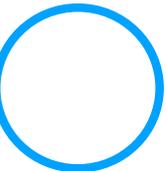


100 Raspberries

VS.



12 Gummy Bears



100 Calorie Snack Comparison

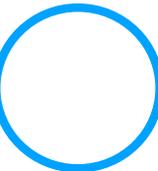


3 ¼ Cups Popcorn

VS.

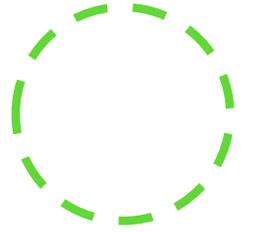


12 Potato Chips

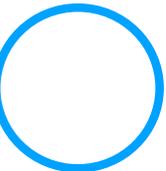




POLL: WHEN I HAVE A CRAVING, IT IS USUALLY FOR:

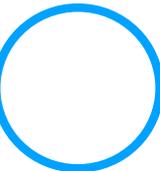


- a) Chocolate or Sweet Foods
 - b) Carbonated beverages
 - c) Bread or crackers
 - d) Coffee or tea
 - e) Salty foods
 - f) Fatty Foods
- 



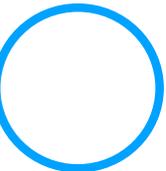
ON THE SWEET SIDE

- Fruit slices with nut butter
- Greek Yogurt – fruit flavored or with fresh fruit added
- Fruit Smoothies
- Healthy Granola Bar
- Fruit Popsicle
- Package instant oatmeal
- Dry Cereal (high fiber, low sugar)
- Small piece dark chocolate



WHEN YOU'RE CRAVING SAVORY/SALTY...

- ❖ Popcorn
- ❖ Fresh vegetables
- ❖ Roasted chickpeas
- ❖ Rice cake with almond or peanut butter
- ❖ Whole grain crackers with a few slices of cheese or canned tuna
- ❖ Baked tortilla chips and salsa
- ❖ Trail mix with nuts, dried fruit, cereal
- ❖ Low-fat string cheese



DRINKS CAN COUNT AS SNACKS TOO

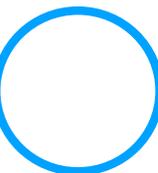
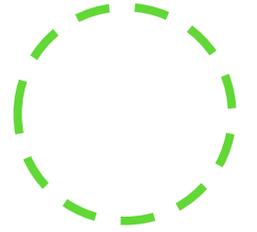
These drinks have calories that can add up:

- Regular Sodas
- Sweet Tea
- Energy Drinks
- Specialty Coffees
- Hot Chocolate
- Lemonade/Fruit Punch



Consider these options instead:

- Skim milk
- Sparkling water
- Fruit Smoothie
- 100% Fruit Juice
- Unsweet tea



TRIPLE BERRY SMOOTHIE

INGREDIENTS

1 banana

1 c. frozen strawberries

1 c. frozen blackberries, plus more for garnish (optional)

1 c. frozen raspberries

1 1/4 c. almond milk

1/2 c. Greek yogurt

DIRECTIONS

- 1 | In a blender, combine all ingredients and blend until smooth.
- 2 | Divide between 2 cups and top with blackberries, if desired.





KALE CHIPS

Ingredients:

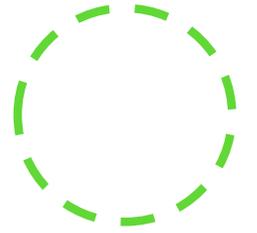
- 1 bunch kale
- 1 Tbsp olive oil
- 1 tsp salt and/or other seasonings

Preparation:

1. Preheat oven to 350 degrees
2. Wash and dry kale. Remove tough middle stem, tear leaves into pieces
3. Toss with olive oil and salt
4. Bake on baking sheet for 15 minutes or until crispy
5. Enjoy!



OUR FAVORITE HEALTHY RECIPES



Roasted Chickpeas



Ingredients

1 can chickpeas
2 Tbsp. Olive oil
Salt
Garlic Powder
Cayenne Pepper

Instructions

Toss chickpeas with olive oil and season with garlic powder, salt and cayenne pepper. Spread on baking sheet and bake for 30-40 minutes in 450-degree F oven.

Greek Yogurt Ranch Dip

Ingredients

1 cup plain Greek yogurt
3/4 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon dried dill
1/4 teaspoon kosher salt
1/4 teaspoon Worcestershire sauce
1/8 teaspoon cayenne pepper

Instructions

In a medium bowl, stir together all of the ingredients: Greek yogurt, garlic, onion, dill, salt, Worcestershire, and cayenne. Garnish with fresh chives and serve with veggies.



CHOOSE HEALTHY SNACKS FOR THE WHOLE FAMILY



Kids need at least 1-2 snacks a day



Make the healthy choice the easy choice

Have healthy snack choices easy to reach and in view



Limit high fat/high sugar options



Have a great week and Snack Smart!



<https://hr.duke.edu/wellness/nutrition-programs>

www.healthy.duke.edu