Smart Snacking

May 13, 2020

Todays Presenters:

Annie Scott, MPH RD
Lauren Kruse, MPH RD
LIVE FOR LIFE at Duke
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

Carbohydrate Foods + Protein Foods

Healthy Fats + Fiber
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??

- Hunger
- Stress
- Boredom
- Emotions
- Habit
MINDFULNESS

Where do you snack?
- At your desk
- In front of the TV
- Driving a car
- In your kitchen
The Hunger Scale

1. Starving, Weak, Dizzy
2. Very Hungry, Low Energy
3. Pretty Hungry, Stomach Growling
4. Beginning Hunger
5. Satisfied, neutral
6. Slightly Full
7. Slightly Uncomfortable
8. Feeling Stuffed
9. Very Uncomfortable, Stomach Ache
10. 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)
ARE YOUR HEALTHY SNACKS VISIBLE?

If you have to hunt for healthy snacks you are less likely to choose them.
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!
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