

Is it Healthy to Snack?

When growing up, you may have learned not to snack between meals, but good snacking habits can help you maintain a healthy weight, not add unnecessary calories or fat. According to the American Dietetic Association (ADA), snacks can help optimize your energy and mental power, control your weight, reduce the load on your heart, and prevent heartburn.

“To get all the essential nutrients your body needs in a day, snacking can be very beneficial to your overall health and well being,” said Katherine Tallmadge, registered dietitian and ADA spokesperson. “As long as snacks are planned, small and balanced, they can really help fuel your body for activities throughout your day. I often tell my clients to snack up to three times a day, but limit the snack calories to 100 or 200 calories. It helps keep them satisfied throughout the day, and they are less likely to binge late at night while watching television or working on the computer.”

Tallmadge recommended eating snacks that provide a little carbohydrate, protein and small amounts of fat, if any. It is also a good idea to mix and match foods to keep from getting bored with the same old choices and to stay energized throughout the day.

To help you make healthier snacking choices, try these suggestions:

- ✦ One medium banana and one tablespoon of peanut butter: 200 calories, 8.5 grams of fat, 3 grams of fiber
- ✦ One medium apple with skin and 1-ounce string cheese: 190 calories, 6.5 grams of fat, 3 grams of fiber
- ✦ 1/4 cup of raisins and 1/2 cup plain yogurt: 170 calories, 0 grams of fat, 1.5 grams of fiber
- ✦ Two cups of popcorn, unbuttered, sprinkled with cayenne pepper: 80 calories, 1 gram of fat, 2 grams of fiber
- ✦ 10 regular tortilla chips and 1/4 cup of salsa: 188 calories, 10 grams of fat, 2 grams of fiber
- ✦ One slice of angel food cake with 1/3 cup of fresh berries: 100 calories, 0.2 grams of fat, 1.6 grams of fiber

Source: American Dietetic Association, www.eatright.org



Fall Recipe

Cinnamon Apple Coffee Cake

This coffee cake is perfect with a morning cup of coffee or tea. It is also a great after-school snack with a cold glass of milk. Makes one coffee cake; serves nine.

- 1/2 cup packed brown sugar
- 1/4 cup margarine, softened
- 2 large egg whites
- 1/2 cup low-fat buttermilk
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/4 teaspoon salt
- 1 medium apple, unpeeled, cored and finely chopped

Preheat oven to 375 degrees F. Prepare a 9-inch square baking pan with nonstick pan spray.

In a large bowl, beat together the sugar, margarine and egg whites until smooth. Stir in the buttermilk. Add flour, baking powder, baking soda, cinnamon and salt. Mix until the ingredients are moistened. The batter will be stiff. Fold in the apple.

Spread the batter in a prepared pan. Bake 25 to 30 minutes or until a toothpick inserted into the center

comes out clean. Cut into nine, 3-inch squares. Serve warm or at room temperature.

Serving size: 3-inch square

214 calories	37 grams of carbohydrates
5 grams of fat	1 gram of dietary fiber
1 gram of saturated fat	4 grams of protein
306 milligrams of sodium	

Source: Recipe reprinted from *The New Family Cookbook for People With Diabetes*, American Diabetes Association and American Dietetic Association



Flavonoids—healthful **plant compounds** found in many common foods, including **blueberries** and **cherries, apples, tea, and red wine**—are believed to have strong antimicrobial, anticarcinogenic and cardioprotective properties.

Source: Agricultural Research Service of the U.S. Department of Agriculture, www.ars.usda.gov