

# Keeping “Snacks” Healthier for your Residents!

Striving to make “Snacks” healthier is a great way to promote wellness, healthy nutritional choices and even brain power! Use this compilation of ideas, recipes and resources to help get “Snacks” going in the right direction for you and your residents.

## Tips

- Invest in an air popper for popcorn. Cheap and healthy whole grain snacking! Add lots of flavor without hurting the nutritional value with Mrs. Dash, Molly McButter, cinnamon sugar, parmesan cheese or other toppers.
- Nancy Clark, a sports nutritionist, encourages her clients to view snacks as mini meals because she believes that people are much less likely to make poor food choices when they think "meal" vs. snack." Think about how you can convey that idea to your residents!

## "Brain Power Foods"

Choose these foods to promote brain health!

### The TOP 10 Foods for Brain Health

Salmon, Red Peppers, Spinach and Other Greens, Dried Beans, Cantaloupe, Whole Grains, Berries, Tomatoes, Citrus Fruits, Almonds

**\*\*Vitamin C:** Citrus Fruits, Strawberries, Cantaloupe, Broccoli, Red and Green Peppers, Cauliflower, Greens, Grapes, Tomatoes, Kiwi, Berries.

**\*\*Beta-Carotene:** Carrots, Sweet Potatoes, Spinach, Cantaloupe, Greens, Broccoli, Prunes, Mango, Pumpkin.

**\*\*Omega-3 Fatty Acids:** Salmon, sardines, Broccoli, Cauliflower, Red Kidney Beans, Canola Oil

**\*\*Phytochemicals:** Blueberries, Cranberries (most fruits and vegetables)

**\*\*Folic Acid:** Broccoli, Spinach, Greens, Lentils, Dried Beans, Asparagus, Pasta, Flour Tortilla, Romaine Lettuce, Tofu

# **Healthy Snacking**

Everybody likes to snack! For busy college students snacking is an important part of the daily nutritional intake. Careful planning is needed to be certain that snacks are healthy as well as easy and good to eat.

## **Top 10 rules to follow for healthy snacking**

1. Choose snacks for variety and select foods from different food groups.
2. Snack only when you are hungry
3. Eat snacks well ahead of a meal, at least 2-3 hours
4. Eat snack size portions
5. Fruit is a simple and healthy snack.
6. Go easy on high fat and sugar snacks.
7. Plan ahead and bring snacks with you. Vending machine snacks are usually high in calories and fat.
8. Read labels for serving sizes and portion control.
9. Drink water. At least 8 eight ounce glasses are recommended each day
10. When you are snacking be sure you are only eating. Snacking while studying or watching TV usually means you will eat more than you intended!

## **Which foods make the healthiest snacks?**

If you are going to choose high sugar/fat snacks, do so in moderation. This includes soda, chips, cookies, and fried foods. Here are some suggestions for healthy snacking:

- Whole grain cereal (cheerios) and milk (skim-1%)
- Fresh fruit or fruit juice
- Yogurt
- Peanut butter on wheat crackers
- Dried fruit and nut mix
- Raw vegetables with cottage cheese, yogurt, or low fat dressings
- Light microwave popcorn
- Baked chips-such as Baked Lays
- ½ Bagel with low fat cream cheese
- Low fat string cheese
- Sorbet
- Pretzels

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[www.uwlax.edu/StudentHealth/HealthTopics/Generalhealth/Healthy\\_Snacks.asp](http://www.uwlax.edu/StudentHealth/HealthTopics/Generalhealth/Healthy_Snacks.asp)

## **Other Snack Ideas**

- Frozen grapes
- Top a microwave “baked” potato with salsa

- Steamed or raw veggies (try a ready-made veggie tray from the grocery store!); serve salad dressing or hummus on the side for dipping.
- Granola or granola bars
- Pudding made with fat free milk
- Fruit salad
- Tossed garden salad
- Yogurt, with or without fruit on the side
- Cottage cheese and fruit
- Pita bread with hummus
- Whole fruit or dried fruit
- Rice cakes (they come flavored)
- Baked potato, pita or soy chips
- Fig bars
- Low fat cottage cheese (can mix with fruit)
- Unsweetened apple sauce (can add spices to enhance flavor; some come with flavors!)
- Jell-O
- Sorbet or frozen yogurt
- Whole grain cereal such as Cheerios or Bite Size Shredded Wheat (look for individual boxes for snacking)
- Tuna packed in water (with light mayo and mustard if desired)
- Graham crackers
- Fat-free muffins
- Smoothies
- Animal or goldfish crackers
- Fruit juices (100%) (try mixing with sparkling water for a refreshing change of pace)!
- Low fat cheese
- Pretzels
- Serve Bagel halves with low fat strawberry yogurt as spread

# **Cookbooks and Recipe Resources**

## **Websites**

American Institute for Cancer Research: [www.aicr.org](http://www.aicr.org) (*Great recipe archive!*)

Mealtime.org

Cooks.com

## **Cookbooks**

The Starving Students' Cookbook *and* The Starving Students' Vegetarian Cookbook *by Dede Hall*

The Healthy College Cookbook: Quick. Cheap. Easy. *by Alexandra Nimetz, et al*

The (Reluctant , Nervous, Lazy, Broke, Busy, Confused) College Student's Cookbook *by Joshua N. Lambert*

The College Cookbook Recipes for Students *by Students by Nancy Levicki*

The College Student's Cookbook or I'm Sick and Tired of That...What Else Could I Have... *by David Bahr*

Great College Cookbook of the Southwest: A Collection of Great Recipes for College Students *by Kelley Coffeen*

Vegetarian 5-Ingredient Gourmet *by Nava Atlas*

Cooking Outside the Pizza Box : Easy Recipes for Today's College Student *by Jean Patterson, Danae Campbell*

Cheap and easy cooking: The survival guide for college students *by Joe Dobrowolski*

## **Healthier Snack Recipes**

If you don't have the time or energy to make the recipe beforehand, make cooking part of "Snacks"! This will help promote community and encourage learning cooking skills.

### **Cool Grahams**

Place 1/3 cup of low fat or fat free Cool Whip between 2 graham crackers and freeze.

### **Mini Cheese Quesadillas**

Wrap a piece of string cheese and some salsa in a tortilla.

### **Veggie-stuffed pitas**

Stuff pita bread with any veggies you like. Browse the produce department for ideas. Use your favorite salad dressing, hummus, or plain yogurt for added flavor.

### **Guiltless Chocolate Milkshake**

1 cup light or nonfat chocolate ice cream or non fat frozen yogurt

1/3 cup non fat milk

1 ½ Tablespoons chocolate syrup (can also substitute strawberry syrup or jam)

1/8 teaspoon vanilla extract

Combine all ingredients in a blender. Whirl 2 minutes or until smooth.

### **Trail Mix**

Mix one bag/container each of peanuts, raisins and M&M's in quantities desired.

Other possible additions: Cheerios, raisins, other dried fruit, coconut...or use your imagination!

Serve in small paper cups. This is great for a diversity discussion as well!

### **French Onion Pretzels**

One box Bavarian pretzels

2 sticks of butter

2 packages Lipton Onion Soup Mix

Smash pretzels into bits. Spread on cookie sheet. Mix butter and soup mix, pour over pretzels and bake at 350 degrees for 1 hour.

### **Bite Sized Pizza**

8 garlic or onion melba toast rounds

3 Tablespoons low-fat meatless spaghetti sauce

1/3 cup shredded part-skim mozzarella cheese

1. Place melba toast rounds on a microwave-safe plate.
2. Spoon about 1/2 tablespoon spaghetti sauce over each melba toast round.
3. Sprinkle with mozzarella cheese.
4. Cook on 100% power for 15 to 30 seconds, or until cheese melts.

### **Fitness Fries**

4 Large Baking Potatoes peeled, 2lbs.  
½ teaspoon dried whole thyme  
½ teaspoon freshly ground pepper  
1 tbsp. Extra-virgin olive oil vegetable spray  
¼ cup finely grated fresh Parmesan cheese  
½ teaspoon salt

1. Cut each potato into three pieces and then into strips. Pat wedges dry with paper towels and place in a bowl. Add thyme and pepper and toss well. Drizzle oil over wedges, tossing well to coat. Arrange in a single layer for 30 min.
2. Sprinkle cheese and salt evenly over wedges. Bake an additional 10 min. or until tender and browned. Serve warm. Makes six servings (8-10/each).

### **Mac 'n' Cheese I**

½ cups dry macaroni  
1¼ cups milk  
2 teaspoons cornstarch  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 cup shredded fat-free cheddar cheese  
1 cup reduced-fat sharp cheddar cheese

Cook the macaroni according to package directions. Drain Well. Combine ¼ cup of milk with cornstarch. Stir until smooth and lump free. Combine cornstarch mixture, remaining milk, and salt & pepper in a medium saucepan. Cook and stir over medium heat until bubbly and thick. Remove from heat. Add cheese and stir until melted smooth. Add cooked macaroni to the cheese sauce. Toss gently to coat. Cook over low heat for 5 minutes or until heated through. Serve.

### **Mac 'n' Cheese II** (Makes 4 servings)

1 ¾ cups uncooked macaroni  
1 cup shredded low fat cheddar cheese  
¼ cup non fat plain yogurt  
2 teaspoons butter  
½ tablespoon Dijon mustard  
Salt and pepper to taste

1. Bring a large pot of water to a boil. Add the macaroni and cook until tender, about 8 mins.
2. While pasta is cooking, mix together the cheese and yogurt in a bowl.
3. When pasta is done, drain, and set aside. Put the pot back on the stove and melt the butter over medium heat. Stir in the mustard, salt, and pepper. Add the cooked macaroni, tossing to coat. Mix in the cheese and yogurt. Continue to cook, stirring constantly, until the cheese is melted.

### **Peanut Butter Bar**

Serve peanut butter along with lots of healthy accompaniments such as whole wheat tortillas, whole wheat bread, fresh bananas, apples, raisins, apricots, coconut, applesauce, fresh fruit cooked compote, sunflower seeds, etc.. Students can help themselves and make any combination they choose.

### **Munchy Cinnamon Snack**

8 cups Apple Cinnamon Cheerios cereal  
3 cups pretzel twists  
1 cup raisins  
4 tablespoons margarine or butter (do not use spread or tub products)  
4 tablespoons packed brown sugar or honey  
3 cups cheddar-cheese-flavored tiny fish-shaped crackers

Heat oven to 300°. Mix cereal, pretzels and raisins in an ungreased cookie sheet (preferably with sides), 15 ½ x 10 ½ x 1 inch. Heat margarine and brown sugar in 1-quart saucepan over low heat until margarine is melted. Pour over cereal mixture; toss until evenly coated. Bake 10 minutes, stirring once; cool. Stir in crackers. Store in airtight container.

### **Delicious-you-won't-believe-they're-low-fat muffins**

One box of carrot cake mix or spice cake mix, any brand.  
One CUP (not can) of canned pumpkin (not the pumpkin pie mix, just the plain old pumpkin)  
One cup water

Mix ingredients together. Do not add anything else! (You don't need eggs or oil). Bake according to package directions, but add 5-10 minutes more to the cooking time than the box says for cupcakes/muffins.

### **Banana Shake** (Makes 1 Serving)

¾ cup fruit-flavored nonfat yogurt  
1 teaspoon honey  
1 small banana (or other fruit)  
¼ cup skim milk  
A pinch of cinnamon

Combine all the ingredients in a blender and process until smooth.

### **Quick Pasta Salad** (Makes 10 Servings)

This recipe will make enough to serve a crowd. If you're cooking for just yourself, halve the ingredients and save the leftovers for quick lunches and snacks.

1-16 ounce box tri colored fusilli pasta  
1 cup chopped broccoli  
2 carrots, peeled and chopped  
1 onion, thinly sliced  
1 red bell pepper, chopped  
1 cucumber, peeled and slices

¾ cup Italian dressing

1. Bring a large pot of water to a boil. Add the pasta and cook until tender, about 8 mins. Drain.
2. While the pasta is cooking, place broccoli, carrots, onions, and red peppers in a microwave safe bowl. Cook in microwave on high for 3 mins.
3. Combine the cooked vegetables and cucumbers with the pasta. Cover and refrigerate until chilled.
4. Pour the dressing over the salad when ready to serve. Toss to coat.

**Orange French Toast** (Makes 4 Servings)

Serve each person two slices with orange-strawberry syrup poured over the top. If it's just you at the table, halve the recipe or save the leftovers for later.

1 ½ cups orange juice

2 eggs

¼ cup skim milk

¼ teaspoon cinnamon

½ teaspoon sugar

¼ cup strawberry jam (light)

2 teaspoons butter

8 slices whole wheat bread

1. In a bowl, combine ½ cup of orange juice and eggs, milk, cinnamon, and sugar. Set aside.
2. In a small saucepan, combine the remaining 1 cup of orange juice and the strawberry jam. Heat to a simmer, stirring until most of the jam is liquefied. Keep simmering over low heat.
3. In a large skillet over medium heat, melt about ¼ of the butter. Dip bread (one piece at a time) in the egg mixture. Turn to coat both sides.
4. Cook each piece of bread in the skillet, flipping, until both sides are golden brown. Add more butter to the pan necessary.

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Adapted from **WesWELL**, the Office of Health Education  
[www.wesleyan.edu/weswell](http://www.wesleyan.edu/weswell)