

EAT WELL, AGE WELL. NUTRIENT DENSE SNACKS SERIES

POWER THROUGH THE DAY WITH NUTRIENT DENSE SNACKS

IN-BETWEEN MEALS IT IS EASY TO CHOOSE SNACKS THAT LACK QUALITY NUTRIENTS. ONE STUDY SHOWED THAT 30% OF THE POPULATION EATS BETWEEN MEALS ABOUT FOUR TIMES A DAY. THOSE CALORIES ADD UP TO ANOTHER FOURTH MEAL!

THESE SNACKS ARE OPPORTUNITIES TO FILL UP ON NEEDED NUTRIENTS.

BY INCORPORATING NUTRIENT DENSE SNACKS INTO YOUR DIET, YOU WILL BE LEFT FEELING FULLER AND HEALTHIER!

TRY THIS ROASTED CHICKPEA RECIPE THAT HAS THE ADDED BONUS OF BRAIN BOOSTING SPICES LIKE CINNAMON!



Photo by Lindsay VanKampen

Honey-Roasted Cinnamon Chickpeas

Ingredients:

- 15-ounce can organic garbanzo beans
- 1 tablespoon olive oil
- 2 tablespoons honey
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ground cloves (optional)
- 1/8 teaspoon sea salt (optional)

Directions

1. Preheat oven to 375 degrees
2. Line a baking sheet with parchment paper.
3. Drain and rinse the chickpeas. Place them on a towel to dry.
4. Spread chickpeas on baking sheet in a single layer.
5. Bake for 45 minutes or until crispy.
6. While the chickpeas are still hot, toss them in a bowl with oil, honey, cinnamon, nutmeg, cloves and salt.
7. For a caramelized affect place them back in the oven for another 10 minutes (optional).
8. Store in airtight container.

Adapted from Source: <http://www.popsugar.com/fitness/Roasted-Honey-Cinnamon-Chickpeas-27908653>

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PLAN HEAD TO MAKE HEALTHY CHOICES

ACCORDING TO RESEARCH PUBLISHED IN 2014 IN THE JOURNAL OF AMERICAN COLLEGE OF NUTRITION 59% OF CONSUMERS DID NOT PLAN THEIR SNACKS.

PLANNING AHEAD FOR SNACKS ALLOWS FOR CONSIDERATION OF HEALTHIER ALTERNATIVES TO JUNK FOOD.

IT HAS BEEN SHOWN THAT THE QUALITY OF SNACKS AFFECTS YOUR OVERALL DIET QUALITY.

MAKE THIS CASHEW BUTTER AHEAD OF TIME TO USE ONTOP OF WHOLE GRAIN TOAST.

IT IS A DELICIOUS ALTERATIVE TO PEANUTBUTTER!



Photo by Lindsay VanKampen

Cinnamon Cashew Butter

Ingredients:

- 4 cups or 21 oz. of cashews
- 2 tablespoons honey or Maple Syrup
- ½ teaspoon salt (optional)
- 1 teaspoon cinnamon
- 3 tablespoon coconut oil (melted)

Directions

1. Add nuts to the food processor and blend for 3-4 minutes until finely grounded
2. Add honey or maple syrup, cinnamon and salt. Continue blending for 30 seconds.
3. Add melted coconut oil while the motor is running until fully blended
4. Keep refrigerated
5. Enjoy!

Adapted from source:

<http://vikalinka.com/2014/07/23/honey-cinnamon-cashew-butter/>

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students 2-1-17 by Emily Parsons

EAT WELL, AGE WELL. NUTRIENT DENSE FOODS SERIES

PICK UP LACKING NUTRIENTS DURING SNACKING

ACCORDING TO THE 2015-2020 DIETARY GUIDELINES FOR AMERICANS 75% OF THE POPULATION ARE LOW IN VEGETABLES, FRUITS, DAIRY, AND OILS.

IN ADDITION, MOST AMERICANS CONSUME MORE THAN THE RECOMMENDED DAILY AMOUNT OF ADDED SUGARS, SATURATED FATS, AND SODIUM.

SNACKING IS AN OPPORTUNITY TO ADD IN SOME OF THESE HEALTHY FOODS THAT ARE OTHERWISE MISSED.

BY CHOOSING NUTRIENT DENSE SNACKS YOU WILL FEEL FULLER AND HAVE FEWER CRAVINGS FOR LESS HEALTHY FOODS.



Photo by Lindsay VanKampen

Strawberry Banana Smoothie

Ingredients:

- 2 cups frozen strawberries
- 1 frozen banana
- 1 TBSP Honey
- 2 cups milk
- ½ cup of plain Greek yogurt
- Granola (optional)
- Chia Seed (optional)

Directions

1. Blend strawberries, banana, milk, and yogurt together in a blender
2. Mix in chia seeds (optional)
3. Top with granola or other fruit (optional)



Photo courtesy of Pixabay.com

Adapted from Source:

<http://www.thedomesticgeekblog.com/strawberry-banana-smoothies/>

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FUEL YOUR SNACKS WITH FIBER

THE DIETARY GUIDELINES FOR AMERICANS (DGA) LIST DIETARY FIBER AS A NUTRIENT OF CONCERN BECAUSE IT IS UNDERCONSUMED BY MOST AMERICANS.

DIETARY FIBER IS THOUGHT TO POSITIVELY INFLUENCE THE FUNCTION OF THE IMMUNE SYSTEM AND IN DOING SO REDUCES THE RISK OF CARDIOVASCULAR (HEART) DISEASE.

BY ADDING FIBER TO YOUR DIET, YOU WILL DECREASE YOUR BLOOD CHOLESTEROL LEVELS.

TRY THIS DELICIOUS OVER NIGHT OATS RECIPE FOR BREAKFAST OR FOR A SNACK!



Photos by Lindsay VanKampen

Overnight Banana Peanut Butter Oatmeal

Ingredients:

- ½ banana mashed (~ ½ cup)
- 2 tablespoons peanut butter
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- ¾ cup milk
- 1 cup old fashioned oats
- 1 tablespoon chia seeds
- ½ teaspoon cinnamon
- Chopped walnuts for topping if desired
- Banana slices, berries or other fruit- for topping, if desired.

Directions

1. Combine the mashed banana & peanut butter- mix well
2. Add the remainder of ingredients and mix (Save additional bananas, berries and walnuts for toppings later)
3. Cover and place in refrigerator
4. Leave for 6 hours or overnight
5. Add toppings when ready to eat

Adapted from Source:

<http://www.cookingonthefrontburners.com/2016/11/overnight-banana-walnut-honey-chia-peanut-butter-oatmeal.html>

