



Photo by Lindsay VanKampen

## EAT WELL, CARE WELL. NUTRIENT DENSE SNACKING

### WHAT ARE NUTRIENT DENSE FOODS?

Nutrient dense foods are foods that are packed with a lot of nutrients, but are relatively low in calories. These foods contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats. It is important to plan your snacks to include fruits and vegetables, whole grains, low-fat or fat-free dairy products, lean poultry and meats, beans, eggs, and unsalted nuts. Solid fats and trans fat should be avoided. Cholesterol, salts, and added sugars should also be limited. There are many health benefits that results from consuming nutrient dense snacks. The vitamins and minerals found in fruits and vegetables contain a good source of fiber that aids in constipation and can lower blood pressure and blood sugar. Fruits and vegetables also have little fat and no cholesterol. It is recommended to eat a variety of colors and types of vegetables every day. Broccoli, spinach, turnip, collard greens, and other dark leafy greens are good choices. Nutrient dense snacking should also include foods that are made from whole grains, which are a major source of energy, antioxidants, and fiber.

### WEEKLY CHALLENGES

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TRY ONE OF THE  
RECIPES PROVIDED

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REPLACE REFINED  
GRAINS WITH  
WHOLE GRAINS

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PREPARE A SNACK  
THAT CONTAINS A TYPE  
OF GREEN VEGETABLE

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SUBSTITUTE  
REGULAR YOGURT  
WITH GREEK YOGURT

### DID YOU KNOW?

PHYTOCHEMICALS,  
WHICH ARE FOUND  
IN FRUITS AND  
VEGETABLES, HELP  
REDUCE THE RISK  
OF HEART DISEASE,  
DIABETES, AND  
CANCER.

# Greek Yogurt with Walnuts and Honey

Takes only 5 minutes to prepare!

This recipe is brought to you from <https://www.walnuts.org/cooking-with-walnuts/recipes/greek-yogurt-with-walnuts-and-honey/>

## INGREDIENTS:

- 4 cups of Greek yogurt, fat-free, plain, or vanilla
- ½ cup California walnuts, toasted, chopped
- 3 tablespoons honey or agave nectar
- Fresh fruit, chopped or granola, low-fat (both optional)

## DIRECTIONS:

1. Spoon yogurt into 4 individual cups.
2. Sprinkle 2 tablespoons of walnuts over each and drizzle 2 teaspoons honey over each.
3. Top with fruit and granola, if desired.



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## NUTRTION INFORMATION:

- 300 calories
- Fat: 10 g
- Saturated Fat: 1 g
- Sodium: 115 mg
- Carbohydrates: 25 g
- Dietary Fiber 1 g
- Protein: 29 g

Greek yogurt is an important source of calcium, magnesium, and potassium, which helps lower blood pressure. Greek yogurt contains probiotics which also aids in digestive health. It also contains double the amount of protein than regular yogurt!



Photo courtesy of Pixabay

# Fresh Pea Hummus Makes 4 servings in only 10 minutes!

This recipe is brought to you from <http://www.health.com/health/recipe/0,,10000002002186,00.html>

## INGREDIENTS:

- 1 cup frozen peas, thawed
- 4 tablespoons chopped walnuts
- 2 tablespoons fresh lemon juice
- 4 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- Crackers

## DIRECTIONS:

1. Combine peas, walnuts, lemon juice, garlic, salt, and pepper in a blender or food processor; process until smooth.
2. Serve on crackers.

## NUTRITION INFORMATION:

- 150 calories (per serving)
- Fat: 5 g
- Saturated fat: 0g
- Protein: 5g
- Carbohydrate: 23g
- Fiber: 5g
- Cholesterol: 0mg
- Sodium: 340 mg



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- Usually hummus is made from chickpeas, but this version uses green peas, which are packed with fiber!
- Instead of serving on crackers, boost your veggie intake even more by dipping carrot sticks, red pepper slices, or sliced squash.