

## 10 Healthy Snacks to Energize Your Day

Snacks are essential to help energize your day. If we look at the 3 macronutrients, each have differing roles. Carbohydrates are the primary energy source; simple carbs give quick energy, and complex carbs release energy over time. Fats slowly give energy or store energy. Protein helps you to feel full and rebuild and repair. A snack is like a mini meal and can have one, two, or all three macronutrients.

### 1. Bananas or other fruit

Fruits are ready carbohydrates loaded with vitamins, electrolytes, and water. For example, a banana has about 110 calories, 0 g. fat, 1 g protein, 28 g carbohydrates, 15 g sugar (quick natural energy), 3 g fiber, and 450 mg potassium.

### 2. Eggs

Hard-boiled eggs are an extremely versatile snack- just 75 calories, 7 g of protein, 5 g of fat, iron, carotenoids, lutein and zeaxanthin, vitamins A, B12, riboflavin, choline, zinc, and calcium.

A breakfast egg sandwich is simple - beat the egg and microwave for 1 minute. Then, put between two slices of whole grain bread and add the benefits of 20 g of carbohydrates, 3 grams of fiber, 4 grams of sugar, and 5 more grams of protein. Add cheese or meat if you want! :)

### 3. Trail Mix

Not all trail mixes are created equal. Nuts are high in healthy fats, and dried fruits can be high in sugar. But they are a quick energy snack with a combination of fats, carbs, and protein and loaded with antioxidants, and when seeds are added, there are even more benefits. Nuts are a great source of fat (omega 3 for some), vitamin E, magnesium, selenium, polyphenols, and fiber, and they are anti-inflammatory. Seeds are rich in B vitamins, vitamin C, copper,

manganese, vitamin K, zinc, and choline. Dried fruits have vitamins: A, C, E, K, B6, calcium, iron, magnesium, zinc, and potassium.

#### Trail Mix by Sandy Patton

$\frac{1}{4}$  c raw unsalted almonds

$\frac{1}{4}$  c raw unsalted cashews

$\frac{1}{4}$  c cranberries

$\frac{1}{4}$  c unsalted sunflower seeds

$\frac{1}{4}$  c unsalted pumpkin seeds

$\frac{1}{4}$  c chocolate chips



Place all ingredients together and mix. Store in an air-tight container.

**Nutrition Facts (per serving):** Calories: 170; Carbohydrates: 15 grams; Fat: 12 grams; Protein: 4 grams; Sodium: 0 mg; Fiber: 2 grams

#### 4. Granola Bars

Like trail mix, many granola bars can have added sugar, so be careful. You can add your favorite nut butter, seeds, nuts, and fruit. Here is a simple homemade granola bar with nut butter that can be varied to meet your needs.

##### 5-Ingredient Peanut Butter Granola Bars by the real food Dietitians

3 c old-fashioned rolled oats (use gluten-free if needed)

3/4 c natural peanut butter (any nut butter will work)

1/3 c maple syrup (or honey)

1/2 c mini chocolate chips

2 whole eggs (or flax egg for vegan-friendly)

Optional add-ins: pinch of salt if no-salt nut butter, walnuts, pecans, almonds, chia seeds, sunflower seeds, pumpkin seeds, or dried fruit, can add protein powder, reduce oats by 1/2 c.

Preheat oven to 350 F. In a large bowl, combine all ingredients and mix well

Line a 9x9 inch baking dish or pan with parchment paper. Transfer the mix to the dish. Press firmly into the pan evenly. If desired, sprinkle extra chocolate chips on top. Press them into the mixture.

Bake for 15-17 minutes or until the center is baked through and the edges are just starting to brown.

Start checking at 14 minutes. Remove from oven and place on the cooling rack. Let the bars cool COMPLETELY. Then cut with a sharp knife.

Nutrition Information: Serving Size: 1 square, Calories: 22, Fat: 9 g, (Sat Fat: 2 g), Sodium: 64 mg, Carbohydrate: 25 g, (Fiber 3g, /Sugar 9 g) Protein: 6 g, Cholesterol: 17 mg

#### 5. Energy Bites/Bars no-bake version rolled into balls or cut into bars

##### No Bake Energy Bites by Gimme Some Oven

1 c old-fashioned oats

2/3 c toasted shredded coconut

1/2 c creamy peanut butter

1/2 c ground flaxseed

1/2 c semisweet chocolate chips or vegan chips

1/3 c honey

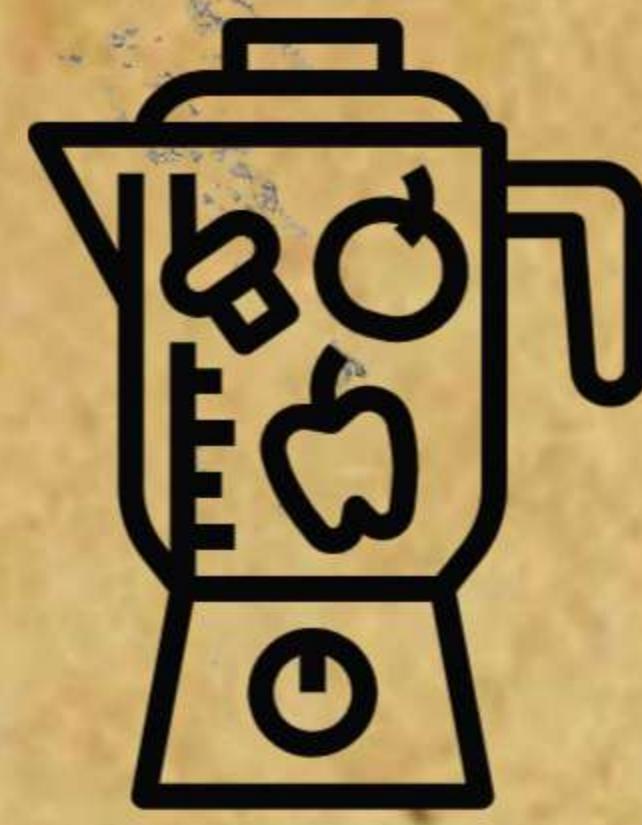
1 TBS chia seeds

1 tsp vanilla extract



Stir all ingredients together in a large bowl. Cover and chill in the refrigerator for 1-2 hours.

Roll into balls or press on parchment paper for bars. Enjoy!



## 6. Smoothies

Smoothies are a great on-the-go snack that can pack many nutrients depending on what you add. Fruit of your choice ( combos-banana/mango, mixed berries, strawberries/ acai, peach, or orange), liquid base- milk of choice or yogurt, leafy veggies, healthy fats (nut butter, chia or flax seeds, avocado) superfood or protein add-in like protein powder, maca powder, goji berries. The flavors are endless.

You can also make a smoothie bowl or frozen yogurt bark.

### Tropical Smoothie by Shereen Lehman

1 c. fresh pineapple chunks

1 small frozen banana

$\frac{1}{2}$  c. coconut-flavored low-fat yogurt

$\frac{1}{4}$  tsp. vanilla

1.4 tsp. ground ginger

Nutrition: 277 calories, 8 g protein,

54 g carbohydrates, 5 g fiber, 6 g fat



## 7. Plain Greek Yogurt and Berries

You'll get protein from the yogurt and fiber from the berries for another snack idea with staying power. Go for low-fat or whole milk yogurt instead of fat-free to promote more stable blood sugar. Fat slows the digestive process, which supports more stable blood glucose and promotes satiety. If plain yogurt is too tart for you, add a sprinkle of cinnamon or a teaspoon of honey or maple syrup.

## 8. Fruit (Apples) and Nut Butter (Peanut)

Whole fruits are rich in dietary fiber, potassium, vitamin C, and folate. Nut butters are a great source of fats, fiber, and proteins. Together they are a filling high-energy snack.



## 9. Vegetables and Hummus

Another carbohydrate powerhouse is vegetables. Hummus adds carbohydrates and protein.

### The Best Hummus by Cookie and Kate

1 can chickpeas, rinsed and drained

$\frac{1}{2}$  tsp baking soda

$\frac{1}{4}$  c lemon juice

1 clove garlic roughly chopped

$\frac{1}{2}$  c tahini

2-4 TBS ice water

$\frac{1}{2}$  tsp ground cumin

1 TBS extra virgin olive oil

Use various vegetables to dip.

Cucumbers, carrots, bell peppers,

Celery and others.

Nutrition: 151 calories, 4.9 g protein,

11 g carbohydrates, 10.6 g fat,

3.4 g fiber, 251 mg potassium

## 10. Cereal with Milk

Depending on the type of cereal, they are a source of quick carbohydrates and fiber, and most are fortified with many vitamins; just be careful of the added sugar. Cereals have thiamin, riboflavin, niacin, Vitamin B6 and B12 and Vitamin D. Milk has 8 g protein, 8 g fat, 12 g carbohydrates, 12 g of sugar and calcium, riboflavin, and phosphorous.

### Ultimate Oatmeal

1/3 c old-fashioned oats

$\frac{1}{2}$  c frozen mixed berries

2 TBS mixed nuts, seeds, and cranberries

1/3 c water or milk of choice

2 TBS flaxseed

Mix all together and microwave for two minutes.

