

“Grab ‘n Go” Healthy Snacks

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For many of us, the lazy days of summer are about to become a memory. School is starting and with that comes a frenetic schedule for families filled with school, church, athletic and arts activities jammed into a parent’s busy work/volunteer schedule. Often, that means we grab foods that have little or no nutritional value, are packed with calories, fat and added sugars and eat in between stops in the car. So what is a person to do? This month we’ll focus on healthy *and* convenient snack foods and drinks for kids or adults that can ease those appetites when hunger strikes. Here are some suggestions:

- Low fat cheese sticks with whole grain crackers.
- God’s pre-packaged fruits like bananas, apples and grapes.
- Pre-cut, pre-washed veggies like baby carrots, broccoli, cucumbers, sweet bell peppers, and peapods.
- Fruit and applesauce cups with no sugar added or packed in its own juice.
- Low/no fat/no sugar added pudding cups.
- Low fat/low sugar yogurt drinks or light yogurt cups.
- Trader Joe’s fruit leathers – pre-packaged, all natural sugar from the fruit come in a variety of flavors.
- Trader Joe’s fruit cereal bars or chewy granola bars.
- Trail Mix – make and package your own portion-controlled mix or buy one of the many varieties already assembled. Keep amounts at one serving only.
- Pretzels, baked chips or Trader Joe’s White Cheddar Corn Puffs.

Try these no or very low calorie beverage options:

- Splash – no calorie, Splenda sweetened fruit beverage – available at grocery stores
- Talking Grains – very low calorie (3 cal/serving) lightly carbonated fruit drink – Target
- Archer Farms natural spring water – fruit flavored, noncarbonated, artificially sweetened waters - Target
- Fruit 2 O-no calorie, mildly sweetened with Splenda in various fruit flavors–Target and grocery stores
- Good Earth Original Sweet & Spicy herb tea (caffeine free) – no calories – Trader Joes
- Propel – very low calorie (10 cal/serving) fruit drink – artificially sweetened – grocery stores
- Minute Maid Light fruit beverages – 10 cal/serving – artificially sweetened – grocery stores
- Flavored waters – found in a variety of stores

As with any type of food, **portion control is the key**. Either buy pre-packaged or pre-package servings yourself in sealed plastic bags or containers to take with you. Next month, we’ll focus on healthy *and* convenient meals for those evenings you need a nutritious dinner in a hurry!