

## Strategies for Smart Snacking

Snacking or eating small meals throughout the day is a great way to control your appetite and maintain a healthy weight. The tips below can help you become a smart snacker in any situation. View or download Hill Physicians' *Nutrition Fit: Smart Snacks* video at [www.HillPhysicians.com](http://www.HillPhysicians.com) to see these strategies in action. Here, you can also find the rest of the **Nutrition Fit** series, plus recipes, health tips, and more.

### Recipes for Snacking Success...

**Prepare and pack snacks at home.** By keeping nutritious snacks within reach at all times, you will be able to continue healthy eating habits, and save the time and money once spent traveling to the vending machine, grocery store, or drive-thru. Keep single servings of snacks, like Ranch Trail Mix, Oatmeal Raisin Cookies, or Walnut Crunch Granola, stored at your desk, in the car, or anywhere a snack craving might strike.

**Ranch Trail Mix** *makes 20 servings of approximately 1/2 cup*

<b>1 cup unsalted peanuts</b>	<b>3 oz. stick pretzels (approx. 1 3/4 cups)</b>
<b>3 cups air-popped popcorn</b>	<b>1 oz. package dry Ranch-style dressing mix</b>
<b>3 cups rice pocket cereal (i.e Chex™ brand)</b>	<b>1/4 cup vegetable oil</b>

**Instructions:** Preheat oven to 250° F. In a large bowl, combine peanuts, popcorn, cereal and pretzels. In a small bowl, stir salad dressing mix and oil. Pour liquid mixture over the dry ingredients and toss to coat. Spread mixture in a single layer on an ungreased baking pan and bake for 30 minutes at 250° F. Remove from the oven and allow mixture to cool before transferring to a tightly sealed container or plastic bag. **Nutrition (per 1/2 cup):** **Calories:** 104; **Fat:** 6.5 g; **Chol:** 0 mg; **Sodium:** 140 mg; **Carbs:** 9.5 g; **Fiber:** 1 g; **Protein:** 2.5 g.

**Find more recipes on the back of this page or at [www.HillPhysicians.com](http://www.HillPhysicians.com).**

### Picking the Best

Follow this guide to select the healthiest snack options available, whether it's from your own kitchen, the grocery store, or even the vending machine at work.

#### Skip the Usual...

Fruit juices or fruit-flavored  
 Ice cream or other full-fat dairy options  
 Cookies, Brownies, or Cake  
 Pre-packaged sandwich crackers  
 Skittles, Starburst, or Lollipops  
 Potato chips  
 Cheddar Cheese and Butter Crackers

#### And Seize a Healthier Alternative!

**Whole fruits - an orange, a banana, or apple slices**  
**Applesauce, light or sugar-free puddings & Jell-o**  
**Low-fat granola bars or Animal Crackers**  
**Graham Crackers with peanut butter**  
**Dried Fruits or Sugar-free hard candies**  
**Baked chips or pretzels**  
**Low-fat string cheese and whole wheat crackers**

## Quick & Easy Snacking Solutions



Follow our recipes to combine a few familiar ingredients for cookies and granola that will satisfy your sweet tooth. Plus, just a few minutes in the kitchen can provide you with a week's worth of healthy snacking options, saving you time and money spent at the vending machine. Find more healthy recipes and tips for healthy eating at [www.HillPhysicians.com](http://www.HillPhysicians.com).

### Oatmeal Raisin Cookies *makes 36 cookies*

2 cups old-fashioned oats	1/3 cup packed brown sugar
1-1/2 cups all-purpose flour	1/3 cup granulated sugar
2/3 cup raisins	3/4 cup unsweetened applesauce
1 teaspoon baking soda	2 egg whites, or 1/4 cup egg substitute
1/2 teaspoon each cinnamon & nutmeg	3 tablespoons canola oil
1/2 teaspoon salt	1-1/2 teaspoons vanilla extract

**Instructions:** Preheat oven to 350°. In a large bowl, combine oats, flour, raisins, baking soda, cinnamon, nutmeg and salt. In a medium bowl, stir together applesauce, sugars, egg, oil and vanilla. Add to flour mixture and stir well. Drop by 2-tablespoon scoops, about 2 inches apart, onto parchment-lined or cooking-spray-coated baking sheets. Bake about 12 minutes until golden brown. Cool cookies on a wire rack. **Nutrition (per cookie):** **Calories:** 74; **Fat:** 2 g; **Chol:** 6 mg; **Sodium:** 71 mg; **Carbs:** 11 g; **Fiber:** 1 g; **Protein:** 2 g.



### Walnut Crunch Granola *makes 24 servings of approximately 1/4 cup*

Our granola can be eaten in a variety of ways, at almost any time of the day. Mix it into a parfait of fresh or frozen berries with low fat plain or vanilla yogurt. Serve it in a bowl covered with cold milk, or microwave for 1 minute for a hot and filling treat. You can even combine **Walnut Crunch Granola** with raisins, cranberries and dried apricots for a heartier trail mix that can be eaten at your desk or on the go.

3 cups old-fashioned oats	3 tablespoons vegetable oil
1-1/2 cups walnut pieces	1/2 cup shredded sweetened coconut
1/3 cup brown sugar	3 tablespoons honey
1-1/2 teaspoons cinnamon	

**Instructions:** Preheat oven to 350°. Spread oats and walnuts on a baking sheet that has a low rim, or use a roasting pan. Bake 8-10 minutes, stirring after 5 minutes, until the walnuts and oats smell toasted and start to brown. While oats and walnuts are toasting, combine brown sugar, oil, honey and cinnamon in a large bowl. Pour hot oats and walnuts from the pan into the sugar mixture. Add coconut. Stir all the ingredients until evenly coated. Line the baking pan with a piece of aluminum foil so it extends over the ends of the pan. Spread oat-walnut mixture onto foil. Bake 5 minutes. Remove from oven and stir. Bake additional 5 minutes until toasted and golden brown. Remove from oven, stir again, and allow to cool completely before breaking into smaller pieces. Store in an airtight container or plastic bag. **Nutrition (per 1/4 cup):** **Calories:** 125; **Fat:** 8 g; **Chol:** 0 mg; **Sodium:** 1.5 mg; **Carbs:** 12 g; **Fiber:** 2 g; **Protein:** 2.5 g. **Source:** The California Walnut Marketing Board