

Shedding pounds and making healthy changes to our diets can be a daunting task for the majority of us. The thought of starting a “diet” to lose weight may leave you anxious and frustrated not knowing where to even begin or what to believe. Do I count calories, eat more protein, stay away from fat, avoid sugar, buy organic, take supplements???



One healthy eating habit that can be a game changer and a great place to start if you are looking to improve your health and lose some inches, is snacking. That’s right, a prescription to eat! There are so many options of healthy and satisfying snacks that are inexpensive, easy to prepare, and delicious. Snacking when done right may help avoid mid-day energy crashes, sugar cravings, overeating at night, or simply hunger between meals.

It’s all about the combo when choosing the perfect snack. Aim for snacks that combine carbohydrates, protein, and a healthy fat. These macronutrients work synergistically to help you feel satisfied and energized throughout the day. The other benefit of snacking is it is a great opportunity to sneak in an extra fruit or vegetable serving that you may have missed otherwise.

Healthy Recipe to Increase Energy

From the Kitchen of Jennifer Meachum RDN, LD

Creamy Salsa Dip

Makes 10 Servings

1 cup Plain Greek Yogurt

½ cup Chipotle flavored salsa (or your favorite salsa)

Directions:

1. In a medium bowl stir the yogurt and salsa together.
2. Serve with baked tortilla chips or raw vegetables such as cucumber slices, baby carrots, grape tomatoes, or celery sticks.

Nutrition Facts for ¼ cup dip:

Total Calories 28; Total Fat 0 gm; Total Carbs 3 gm; Sugars 2 gm; Protein 4 gm; Sodium 101 mg





Written by Jennifer Meachin, RDN, LD

March 2017

Some examples of easy to pack snacks are Greek yogurt topped with berries, celery sticks and peanut butter, almonds and dried cranberries, hummus and raw veggies, or whole grain crackers and avocado slices. If you are short on time or need help with portion control individually packaged snacks may be the best option. In the produce section you can find individually packaged fruits or vegetables paired with either hummus or peanut butter and even portions of guacamole to pair with multigrain tortilla chips. There are also individually packed nut and dried fruit snacks, cheese sticks, and much more. So go ahead pack a snack . . . just for the health of it!



Turkey Avocado Rolls

From the Kitchen of Jennifer Meachum RDN, LD

Makes 1 Serving

3 slices of lean turkey breast (nitrate free)

¼ avocado (cut lengthwise into thirds)

Directions:

Roll each turkey slice around avocado slice. Serve immediately.

Nutrition Information:

89 calories; Fat 6 gm; Total Carbs 4 gm; Fiber 2 gm; Sodium 293 mg; Protein 6 gm



Article authored by
Jennifer Meachum, RDN, LD

North Central Baptist Hospital

520 Madison Oak Drive
San Antonio, TX 78258

Telephone: (210) 297-4910

Fax: (210) 297-0400



Exclusively for
AETNA WHOLE HEALTH MEMBERS
Same Day Urgent Appointments
Call 210-572-8890