

ONCOLOGY NUTRITION

HEALTHY SNACKING IDEAS

Did you know that snacking can be a healthy part of your day? When you snack, you can more easily control your appetite at meals which may help you to maintain or lose weight. Remember all foods can be eaten at snack times - you don't have to eat special "snack foods".

Here are some tips for healthy snacking:

- Keep your cupboard well stocked with tasty, nutritious snacks since they are more likely to be eaten if they are available. Have the snacks ready-made. Low fat muffins in your freezer are a good example.
- Eliminate temptation by not keeping high fat snacks in the house.
- Be aware of portion sizes. Snacks are usually smaller than meals.
- If you are eating a higher fat snack, share it with a friend and eat it slowly.
- Eat higher fat or sugar foods less often. For example, have potato chips once every two weeks instead of every week. Try popcorn or pretzels as an alternative.
- Try not to add any extra fats to your snack such as margarine, butter, mayo or oil. Add flavour by using foods like jam, salsa and mustard which are fat free.
- Replace some of your higher fat snacks with lower fat versions such as lower fat granola bars or cookies. But don't eat a larger portion just because it is lower in fat.
- Buy pre-packaged cut vegetables to nibble on or wash and cut vegetables and store in a container for a quick snack.
- Limit your portion sizes by re-closing the bag and putting it away immediately after filling a small bowl or plate.
- For variety, choose foods that you might not normally include in your regular meals.
- Choose snacks that give your jaws a workout. Fresh fruits and vegetables take longer to eat than drinking a glass of juice and you will feel more satisfied.
- If you find you overeat before dinner, plan a low-fat, satisfying mid-afternoon snack to carry you through to dinner time.
- Have a snack before you shop for food. Make sure you follow a list and try to stay away from the higher fat processed snack foods.
- If you snack on the run, try to choose foods from the list below. Remember that packaged "snack foods" tend to be higher in fat.

What to choose for the munchies?

Try some of these ideas:

- plain cookies like graham wafers, arrowroots and fig Newtons
- rice or corn cakes - plain or with low-fat cheese and salsa
- low-fat cottage cheese and fruit
- low-fat yogurt (skim or 1%MF)
- home-made muffin
- air-popped or microwave light popcorn – top with spices and a sprinkle of parmesan cheese
- Mexi-popcorn – popcorn with grated low fat cheese, dipped in salsa
- raw vegetables with a yogurt or non-fat sour cream dip
- dried fruit
- small bag of pretzels
- low-fat cheese and crackers
- frozen grapes or bananas
- fresh fruit salad or fruit kabobs
- sherbet or ice milk
- an English muffin, toast, or bagel with jam or jelly
- a mini pizza with low fat cheese on an English muffin
- a baked potato topped with low fat yogurt or non-fat sour cream and salsa
- a bowl of hot or cold cereal with fruit and low-fat milk
- a cup of soup - homemade, dehydrated or canned
- piece of fresh fruit - apple, banana, pear, orange
- hot chocolate or steamed milk made with low-fat milk
- small portion of leftovers
- hummus and pita bread
- glass of low-fat milk or soy milk

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.