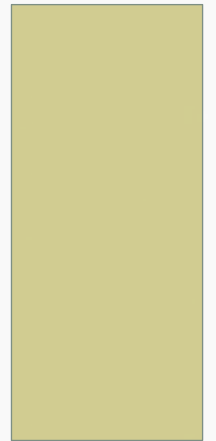


HEALTHY SNACKING FOR ANY AGE!

AMANDA FALK



ABOUT ME



- Recent University of Illinois at Urbana-Champaign graduate
- Received a Bachelor of Science in Food Science and Human Nutrition with a concentration in Dietetics and a minor in Spanish



- Will be attending Eastern Illinois University for their combined Master of Science and Dietetic Internship program to become a Registered Dietitian Nutritionist

WHY IS NUTRITION IMPORTANT

- What you put in your body now can greatly impact you and your overall health later
- Nutrient-dense vs. Energy-dense
 - Nutrient-dense: fresh fruits and vegetables, lean meats, dark leafy greens, legumes and nuts
 - Energy-dense: processed foods, cereals, cookies and candies, chips, fried foods
- Being able to identify the better choice
- Health and wellness come from a well-rounded point-of-view
 - Important to be aware of not only your main meals but daily snacking as well

WHAT SHOULD WE BE EATING?

- Females >50
 - Water: 2.7 L/day
 - Carbohydrates: 130 g/day
 - *Fiber: 21 g/day
 - Protein: 46 g/day
 - *Calcium: 1,200 mg/day
 - *Vitamin B₁₂: 1.5 mg/day
 - *Vitamin D: 15-20 ug/day
 - *Potassium: 4.7 g/day
- Males >50
 - Water: 3.7 L/day
 - Carbohydrates: 130 g/day
 - *Fiber: 30 g/day
 - Protein: 56 g/day
 - *Calcium: 1,000 mg/day
 - *Vitamin B₁₂: 1.7 mg/day
 - *Vitamin D: 15-20 ug/day
 - *Potassium: 4.7 g/day

*denotes special nutrient needs for older adults according to the *Academy of Nutrition and Dietetics*

SHOPPING THE PERIMETERS

- Dietitians like to tell people to shop the perimeters of the grocery store
 - Why is that??
- When shopping it's important to be aware of...
 - Added sugar
 - Fat and cholesterol
 - Sodium-rich foods
 - Energy-dense vs. Nutrient-dense foods

HEALTHY SNACKING

- **MYTH:** healthy snacks and meals are boring, tasteless, expensive, or just not worth it
- **FACT:** healthy snacks and meals don't have to be
- Today's healthy snacking menu:
 - Berry smoothies
 - Homemade Greek yogurt ranch dip and veggies
 - Whole wheat cracker, peanut butter and banana
 - Homemade honey almond granola

BERRY SMOOTHIE

- 1 cup frozen mixed berries
- 1 medium banana
- ½ cup low-fat vanilla yogurt
- ½ cup orange juice

- Nutrition info for ~1/4 cup:
 - Calories: ~70 kcal
 - Potassium: 250 mg
 - Fiber: 2 g
 - Calcium: 62 mg

- Total cost for recipe: \$1.74 to make 2 cups of Berry Smoothie recipe
 - \$17.37 to purchase supplies in bulk → can make the recipe roughly 8 times

HOMEMADE GREEK YOGURT RANCH DIP

- 1 cup plain, non-fat Greek yogurt
- $\frac{3}{4}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp dried dill
- $\frac{1}{4}$ tsp kosher salt
- $\frac{1}{4}$ tsp Worcestershire sauce
- $\frac{1}{8}$ tsp cayenne pepper
- Garnish with fresh chives (optional)

- Nutrition info for ~2 tbsp:
 - Calories: 9 kcal
 - Fat: 0 g
 - Sodium: 6.1 mg
 - Potassium: 24.3 mg
 - Carbohydrates: 0.8 g

- Total cost: ~\$3.00 to make 1 cup of homemade Ranch dip depending how many of the spices you have on hand

WHOLE WHEAT CRACKER WITH PEANUT BUTTER AND BANANA

- 5 whole-wheat cracker rounds
- 2 Tbsp natural creamy peanut butter
- ½ medium banana

- Nutrition info:
 - Calories: 310 kcal
 - Potassium: 30.5 mg
 - Fiber: 5 g
 - Protein: 9 g
 - Calcium: 25 mg

- Total cost: ~\$1.05/serving (5 crackers w/ 2 tbsp peanut butter and ½ banana)
 - Cost for supplies in bulk: \$6.95

HOMEMADE HONEY ALMOND GRANOLA

- 4 cups of old-fashioned whole-wheat rolled oats
- 1 ½ cups raw slivered or sliced almonds
- ¼ tsp cinnamon
- ¼ tsp ground ginger
- ½ cup coconut oil (or olive oil)
- ½ cup + 1 tbsp honey (or maple syrup)
- ¾ tsp vanilla
- ½ cup dried fruit (I used raisins)

- Nutrition info for ¼ cup
 - Calories: 202 kcal
 - Potassium: 874 mg
 - Fiber: 3.1 g
 - Protein: 26.1 g
 - Calcium: 38% of daily recommendations

- Total Cost: ~\$3.35 (give or take a little depending on having cinnamon, ground ginger, honey, and vanilla in the house)

WHY ARE THESE HEALTHIER OPTIONS?

- Berry Smoothie
 - Contains low-fat yogurt → lower fat content
 - Protein packed → Satiety
 - Fruit sugar
 - Calcium
- Greek yogurt dip
 - Substitutes non-fat Greek yogurt for mayonnaise or sour cream → little no fat
 - Low calorie
 - Higher protein
- Whole Wheat Cracker and Peanut Butter
 - Whole grains versus refined, white grains → fiber
 - Healthy fats from peanut butter
 - Protein → satiety
- Honey Almond Granola
 - Lower calories compared to commercial granola
 - High protein and fiber → satiety

ANY QUESTIONS?