

# Healthy Weighs



## Healthy Snacking

With proper portions and healthy food choices, snacking can enhance, rather than hurt your diet. Think of a snack as a 'mini meal' that will help you have a healthy diet, rather than as an opportunity to consume treats.

The real problem with snacking is not *when* you snack or even *if* you snack — it's what you choose to eat. Whether you buy snacks ready-made or make them at home, the trick is to steer clear of foods with excess fats and sugar and little nutritional value and to surround yourself with plenty of good-tasting foods that are rich in vitamins, minerals and fiber. Enhance the appeal of snacks by combining creamy and crunchy or chewy textures. And use a little imagination.

Almost everyone snacks, but snacking isn't necessarily bad. In fact, frequent mini meals can be good for you. Here's how:

**Binge control.** If eating some low-fat, whole-grain crackers, a few pretzels, a piece of fruit, or some vegetables keeps you from eating second or third helpings at dinner, you may actually save calories. The 100 to 150 calories in the crackers or pretzels — and even fewer in the fruit or vegetables — hardly compares to the 500 or so extra calories you may be tempted to devour when you're very hungry.

**Satisfaction for small appetites.** Young children's tiny stomachs can hold only small portions of food at one time. Older adults who are less active and who burn fewer calories may also feel more comfortable eating smaller, more frequent meals.

**Extra energy and nutrients.** Traditional meals often lose out to busy schedules. A grab-and-go meal is often the difference between some nourishment and none at all. Snacks rich in complex carbohydrates and fiber will give you immediate energy that has some staying power. A small amount of low-fat protein adds more energy.

### For healthy and filling snacks, try these instead:

- Fresh fruit or a handful of dried fruit
- Raw vegetables - carrots, celery, red and green pepper - cut and portioned in small plastic bags (try filling celery with peanut butter or low-fat cottage cheese, or dipping your vegetables in low-fat dressing)
- An English muffin with apple butter and a cup of herbal tea
- A slice of angel food cake with non-fat whipped topping
- Non-fat, whole-grain crackers (could top with cheese or peanut butter)
- Non-fat cottage cheese or yogurt
- Bread sticks or bite-size bagels
- A handful of nuts
- A glass of orange juice or vegetable juice
- A smoothie (blend non-fat milk and/or yogurt with fruit)



# FIT TIPS

## Aquatic Exercising

Exercising in the water allows a person to get the same benefits as regular aerobic workouts, along with many other advantages:

1. One benefit is that water aerobics allows a person to exercise every muscle and every joint in the body all at the same time.
2. Another benefit is that water aerobics are cooler, the water cools off your body the entire time you are performing your routine. This is definitely a plus factor, especially in the summertime heat.
3. The last and probably most important benefit of water aerobics is that almost anyone, no matter their age, can perform water aerobics. The reason for this is because the water causes your body to be buoyant, thus causing less strain and stress on your joints and muscles.

A person does not need to know how to swim in order to take advantage of water aerobic exercises. He or she can wear one of many devices that will enable them to stay afloat with little effort.

Water aerobics are generally performed in water that is up to a person's waist or maybe even up to their chest, depending on the specific exercise they are doing. Jogging in the water, for example, is done in deeper water so that a person's body stays completely emerged.

## Recipes For Healthy Snacks

- Toast one-half of a whole-wheat English muffin. Top with Canadian bacon, a tomato slice, and low-fat American cheese. Microwave until the cheese melts.
- Mash a half banana into peanut butter and spread on a whole-grain bagel. Be aware that large bagels can have up to 400 calories each, so choose a small — 2 ounce — bagel.
- Mix cold leftover chicken or convenience-type chunk chicken with seedless grapes, sunflower seeds, plain yogurt and a dash of curry powder. Stuff into a hollowed-out green pepper or whole-wheat pita pocket.
- Spread one-half of a small cinnamon-raisin bagel with part-skim ricotta cheese. Top with apple slices.
- Layer soft mini corn or flour tortillas with shredded low-fat cheddar or Monterey Jack cheese. Microwave until the cheese melts. Slice into bite-size pie shapes.
- Spread a brown rice cake with ricotta cheese and fresh strawberries or low-sugar, spreadable fruit. Or try spreading it with herbed goat cheese and sliced olives.
- Top a baked potato with plain yogurt and Cajun seasoning.
- Spread a slice of whole-grain crisp bread (Wasa crisp bread, Ry-Krisp, others) with fruit-flavored low-fat yogurt or 100 percent fruit jam.