

Chef Charles Says...



March 2013



Make the Most of Snacking

When you think of your favorite snacks, what comes to mind? Would you consider them healthy? Today, almost all of us snack. That is why we need to take a close look at what we get out of snacking.

Snack when you are hungry. Use a scale of 1 to 10, where 10 is starving and 1 is stuffed, to determine degree of hunger. Snack only if it is a seven or eight.

Snack for nutrition. Snack on low-calorie foods with fiber and protein, which provide a feeling of fullness and satisfaction.

Snack with a plate. Treat a snack as a mini-meal. Place one serving on a plate and enjoy. You will feel full and satisfied with a clean plate, which is something you may not get from a food wrapper.

Snack without distraction. Don't read the newspaper or watch the TV while snacking. Just enjoy the flavors of the food. A recent study showed that multi-tasking while eating was likely to cause overeating. Soothing music in the background did not have the same effect. Try to apply this strategy at regular meals, too.

When you snack, make it count!

Over the last 30 years, adult daily snacking has increased from 59% to 90% daily.

What is Hummus?

A food dip or spread made from cooked mashed chickpeas, blended with olive oil, lemon juice, salt and garlic.

Other ingredients such as olives, cucumbers and dill weed may be added to vary the flavor.

Prepared hummus is becoming popular in America and can be found in or near the produce aisle.

Have you ever tasted hummus?



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Snack Exchange Chart

The calories are the same, but the foods on the right are healthier and will keep you satisfied longer.

Instead of this	Try this
1/2 cup vanilla ice cream	1 cup non-fat yogurt
2 small cookies	1/2 cup high-fiber cereal/non-fat milk
20 potato chips	4.5 cups air-popped popcorn
2 ounces mixed nuts	1 cup of vegetables like carrot sticks, grape tomatoes and cucumber slices with two tablespoons hummus or fat-free bean dip

Sources...

Make the Most of Snacking, Source: Fred Hutchinson Cancer Research Center, Seattle, WA 2011

Almost 80% of the things that we snack on are planned and available in our homes. The planning starts at the grocery store.

Sunshine vs. Moonlight: A New Trend in Snacking

Which snack would you choose? An apple with peanut butter or a candy bar. Would it make a difference if it was a morning or evening snack?

Snacking has long been considered a bad habit that interferes with healthy eating. Just the opposite is true, according to a report titled *Snacking in America*. It found that people, who choose a healthy diet, snack *twice as often* as those with less healthy diets. Those choosing a healthier diet snack in the day time.

Looking at daytime versus evening snacking, the study found that the reasons to snack have different motivations and very different food choices. While daytime snacking is increasing there is a decline of evening snack time, which is usually the non-healthy snack choices like ice cream or chips.

If healthy eating is your goal, take a look when you snack, as well as what you choose for the snack.



Looking for Protein and Fiber in Your Snack

- Rice cakes with peanut butter
- Low-fat yogurt with seasonal berries
- Celery with peanut butter or hummus
- Pear/apple and beef wrap
- Whole-wheat crackers with peanut butter and sliced banana
- Apple/pear and ham wrap

Sources...

Sunlight vs. Moonlight: A new Trend in Snacking, Annual Review of Nutrition, 2004
Curb Your Cravings for Snacks, University of Exeter, England 2011

Curb Your Craving for Snacks

I just have to have one of those cookies. They are calling my name! Wait a minute. Try these ideas to calm your cravings for foods that you don't really want to eat.

Take a walk. A 2011 study found that a walk can help curb mindless snacking. People who took a brisk 15-minute walk before indulging in a chocolatey treat ate less of it than those not walking. Stress, boredom, and fatigue are all factors that can make us want to snack when we are not hungry.

Get more sleep. A lack of sleep is associated with overeating in general, but new research suggests that it can lead specifically to excessive snacking. People who slept for about four hours a night were more likely to snack than were people who got more sleep.

Tweak your environment. Lighting and temperature may affect how much a person eats. Keep the thermostat at a warmer temperature; you may eat more when it is cold. And switch on bright overhead lights; dim or soft lighting may prompt you to eat more food.

Take a few moments and think about your own snacking habits. How can you take control of cravings for unhealthy snacks?

Air Blower or Paper Towels: Which to Choose?

You washed your hands and now you must choose: air blower or paper towel?

When you visit a public restroom, watch what people do after washing their hands. If people choose the blower dryer, most will grow tired of drying their hands and leave before the hands are completely dry. Some may wipe their hands on their clothing to remove extra water and others may just leave with wet hands. If they open the door with their wet hands and germs are on the handle (they probably are) the germs will be reintroduced to the hands. This puts you at risk for picking up cold and flu germs.

A Mayo Clinic study reported that dry skin is the best way to control germs, and that paper towels are the better choice for drying hands. Towels are more efficient, they don't splatter germs and they won't dry out hands. Most people prefer them. Using a paper towel to turn off the faucet and open the door adds protection.

While many modern day inventions improve our lives, this time the better choice is to just use a paper towel and no electricity.

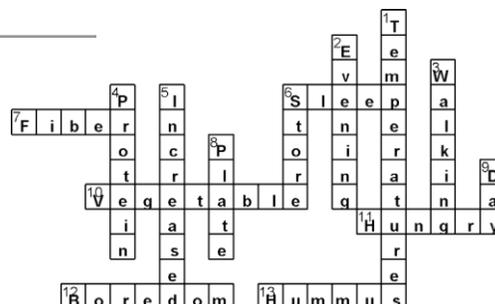


Dry skin is the best way to control germs.

Source...
Mayo Clinic, December, 2012

Puzzle Answers:

It is important to dry your hands! Dry skin is the best way to control germs and limit colds and flu.



Bean Dip

- 2 Tablespoons oil
- 1/2 small onion, chopped finely
- 1 15-ounce can pinto beans
- 2 Tablespoons salsa

Add 1/2 to 1 teaspoon of any of the following: chili powder, cumin powder, garlic powder, dry parsley, or Tabasco sauce.

Heat oil in a pan. Add onion. Cook until tender. Add beans. Heat for a couple of minutes. Add selected seasonings to taste and stir. Add salsa. Mash slightly with a fork. Cook on low for 20 minutes, stirring often.

Makes 1 cup. Each 2 tablespoon serving contains 79 calories; 9g carbohydrates; 3g protein; 3g fiber; 177mg sodium; 172g potassium; 14mcg folate



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