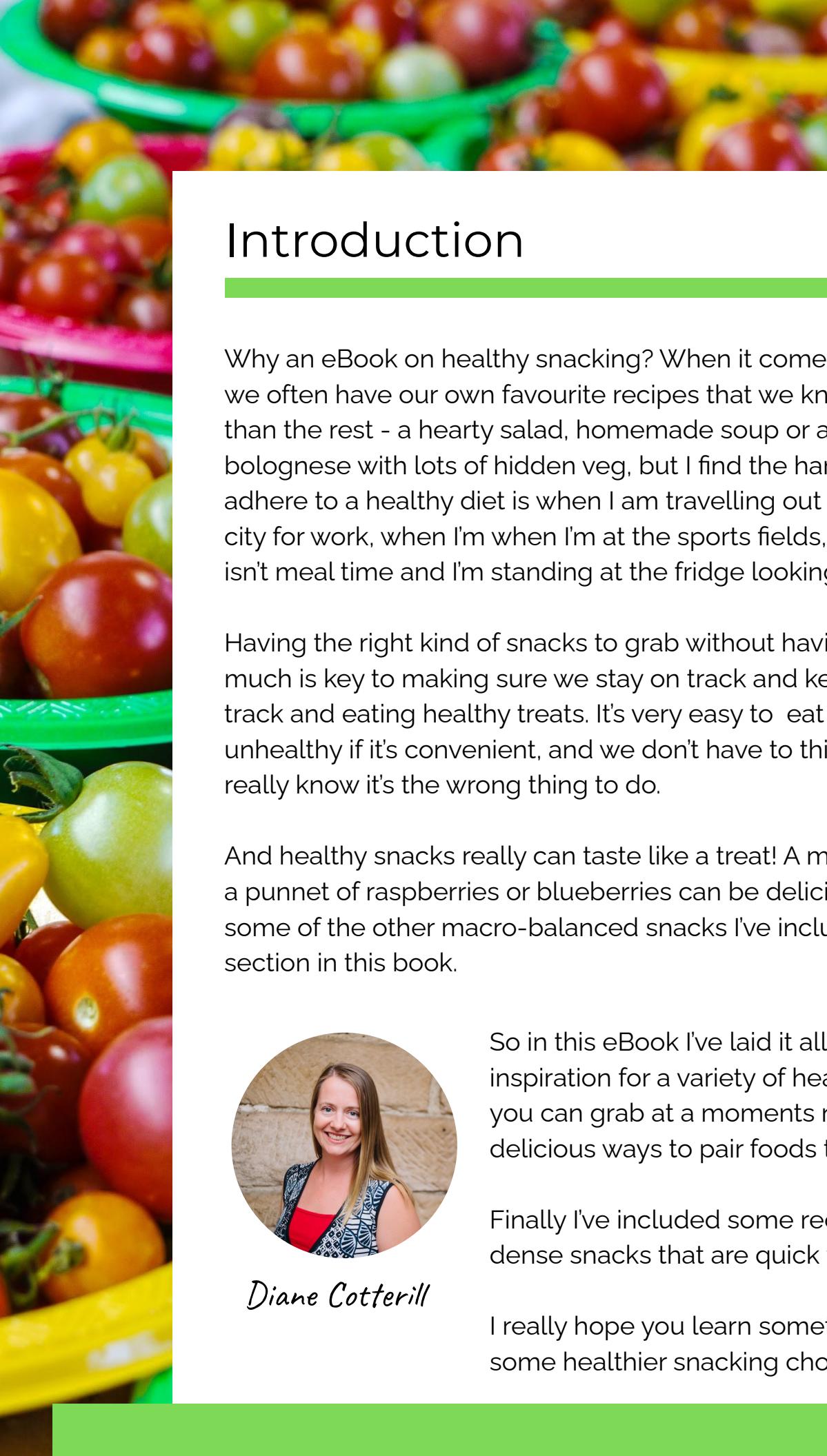


Delicious Healthy Snacks

Choosing Healthy, Low Carb Snacks with Nutrient Dense, Whole Foods

Happy
Green
Sprout



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Green
Sprout

Introduction

Why an eBook on healthy snacking? When it comes to eating healthily we often have our own favourite recipes that we know are healthier than the rest - a hearty salad, homemade soup or a simple spaghetti bolognese with lots of hidden veg, but I find the hardest times to adhere to a healthy diet is when I am travelling out and about in the city for work, when I'm at the sports fields, or simply when it isn't meal time and I'm standing at the fridge looking for inspiration!

Having the right kind of snacks to grab without having to think too much is key to making sure we stay on track and keep ourselves on track and eating healthy treats. It's very easy to eat something unhealthy if it's convenient, and we don't have to think, even if we really know it's the wrong thing to do.

And healthy snacks really can taste like a treat! A mango in season, or a punnet of raspberries or blueberries can be delicious, as well as some of the other macro-balanced snacks I've included in the recipe section in this book.



Diane Cotterill

So in this eBook I've laid it all out for you - some inspiration for a variety of healthy snacks that you can grab at a moments notice, and some delicious ways to pair foods that taste amazing!

Finally I've included some recipes of nutrient dense snacks that are quick to make at home.

I really hope you learn something new to make some healthier snacking choices.

Fruit and Veggie Snacks

Fruit and veggies are a great snack that can increase your nutrients for the day and see you through those afternoon snack cravings.

If you fancy something sweet then a mango or punnet of raspberries might just make you feel a whole lot better than a chocolate bar and even give you the feeling of having a real treat in the process. Who said we have to have a boring old apple.

It's important when we look at eating fruit and vegetables to try and get a variety of colours - each colour indicates a different kind of nutrient profile, so the more varied the colours the better.

Why not try a yellow carrot or a purple onion to get a broader range of nutrients.

Brightly coloured fruit and veg indicates they are filled with compounds called phytonutrients that decrease the risk of cancer, boost the immune system, boost memory and fight inflammation.



What to avoid:

High GI fruits like oranges (especially juice) and pineapple.

You should also avoid fruit juice as much as possible as it is high GI and has had most of the fiber removed.

Consuming high GI fruits and juices can cause high blood sugar which has been shown to increase the risk of developing insulin resistance and diabetes.

Fruit and Veggie Snacks

Berries are a good choice as they offer a wide variety of vitamins and minerals and are low GI, which means they won't spike your blood sugar as much as other fruits and they have been shown to improve insulin sensitivity.

Berries are surprisingly a lower carb option with only 4 grams of digestible carbs per $\frac{1}{2}$ cup serving of raspberries, making them compatible with the ketogenic or lower carb diets.



Pomegranates have three times the antioxidant power of green tea and have been shown to reduce inflammation as well as containing cancer fighting compounds. They are also a rich source of dietary nitrates which have been shown to enhance blood flow and improve exercise performance.

Fruit and Veggie Snacks

Edamame beans are a low carb snack that you can enjoy at home with very little prep.

Boil or steam them for 5-10 minutes then season them with your choice of salt and/or cayenne pepper/fresh chili. You'll get a quick snack that really satisfies, provides protein, fiber and a variety of nutrients with high levels of Vitamin K, Folate & Iron.



It's hard to get enough iodine in your diet and seaweed is by far the best source of iodine when it comes to whole food sources.

Iodine is critical for optimal thyroid health and energy production in the body and seaweed snacks are a delicious way of increasing your iodine intake.



Fruit and Veggie Snacks



Sprouting seeds, legumes and beans are highly nutritious as they are teeming with all the nutrients that the seed needs to grow and become a new plant.

Broccoli sprouts in particular have recently been found to contain large amounts of sulforaphane which offers a wide array of benefits, reducing the risk of heart disease, respiratory issues, ocular diseases and it also protects the body against various cancers and reduces the chance of developing neurodegenerative diseases.

Find them at your local farmers markets or supermarket or try growing your own.

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Nuts, Seeds and Non-Perishables

There are a heap of benefits to nuts and seeds. They both offer a good mix of fat, protein and carbohydrate and a wide range of micronutrients including a variety of trace minerals. They provide satiety to prevent ongoing hunger pangs and can stop a growling tummy quickly. Being shelf stable you can keep them in your top drawer at work or carry them in your bag which can help you to stop those impulse purchases when you're out and about.

You should always ensure your nuts are kept in an airtight container in a cool, dark place to avoid them going rancid. I tend to rotate the nuts I buy so that they stay fresh but they also provide a varied range of nutrients by mixing up the nuts that I buy.

Ideally choose raw nuts and seeds as they are best for nutrient density. If you need to choose roasted they will be better for you than say a potato chip, but try to go for dry roasted - with no oil added - and avoid oils with processed vegetable or canola oils that can be added as a part of the roasting process.

Nuts are an amazing source of minerals and B vitamins as well as protein and fibre. Getting a broad range of different nuts will provide you with a broad range of varied nutrients so it's best to mix it up and have a variety of nuts where possible.

What to avoid?

Don't have peanuts as they are often found to be contaminated with aflatoxin, a fungus that has been identified as a carcinogen and mutagen.

Also ensure nuts are not rancid. The smell and taste can give this away, a strong tasting nut (especially walnuts) indicates that it's past its best.

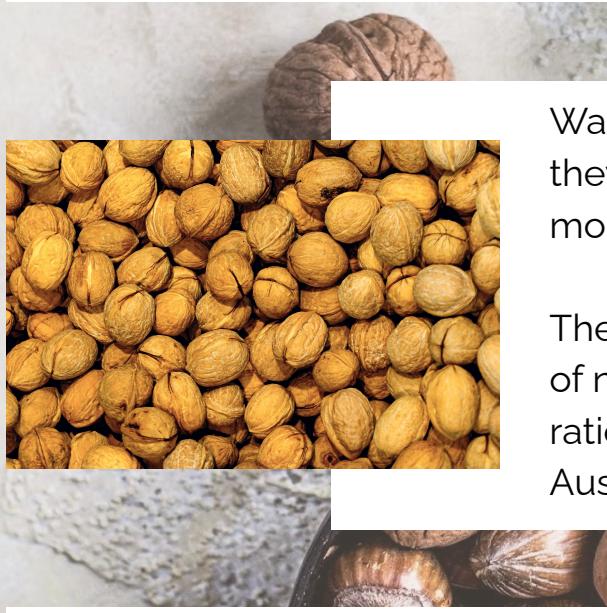
Nuts, Seeds and Non-Perishables

Nuts are versatile and there are a lot of options for you to incorporate nuts into your diet. As well as whole nuts you can buy nut flours, granulated nuts and nut butters.



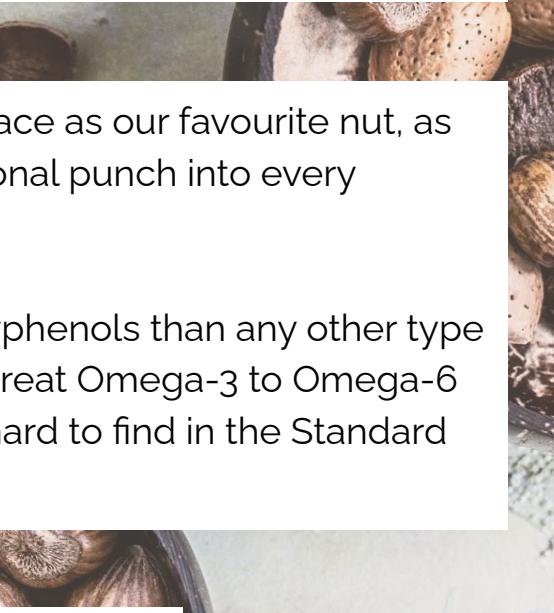
I tend to rotate my nut butters as there are lots of options including almond butter, hazelnut butter or even 'ABC' (Almond, Brazil, Cashew) butter.

You can add nut butters to a smoothie, mix them in a bowl with some banana or apple slices or use them as a nutrient dense ingredient for bliss balls or other dessert recipes.



Walnuts take pride of place as our favourite nut, as they pack a lot of nutritional punch into every mouthful.

They possess more polyphenols than any other type of nut, and also have a great Omega-3 to Omega-6 ratio, something that is hard to find in the Standard Australian Diet.



Pumpkin seeds are a rich source of zinc, an important mineral that is key to a healthy immune system.



You can snack on them with or without shells, however for optimal zinc intake and a healthy dose of fibre we recommend eating them with the shells on and dry roasted.



Nuts, Seeds and Non-Perishables



Pistachios are on the low calorie side for a nut. This picture shows a portion (29 pistachios) which equates to 159 calories.

They have also been shown in studies to help with weight loss and it's believed that the action of shelling them helps you to realise how many you've eaten and therefore help you manage your portion control.



Brazil nuts are a super rich source of selenium, which has been shown in studies to be neuroprotective and important for brain function.

Studies have shown an association between low selenium levels and neurodegenerative diseases such as Alzheimer's and Parkinson's Disease so it's important to get a regular dose and a couple of brazil nuts are an easy way to do it.

Note the high calorific value of nuts!

They are highly nutrient dense but it's worth remembering that we should only eat a palmful of nuts each day.

Meat and other Proteins

There are a few shelf stable protein foods that you can use to grab and go. The easiest products to have on hand that don't need refrigeration are things like Jerky, certain salami products and tins of tuna, mackerel and even smoked oysters. These can be kept at work or in the pantry to open when you need them.

Most protein based snacks tend to need to be refrigerated however but there are a few snacks that will last for weeks in the fridge so you can keep them in the back of the fridge and don't have to worry about them going off the week you buy them. They tend to be smoked or stored in vinegar. An example would be smoked salmon, marinated mussels and other smoked meats like chicken and turkey. Also pate and cheese can be kept in the fridge and can be low in sugars and other additives.

What to avoid?

You should try to avoid processed meats with added nitrites and nitrates as they can be converted into nitrosamines, which have been associated with an increased risk of cancer.



Meat and other Proteins

Meat by itself can be heavy on the palette. By mixing it together with a dressing or salad it can take away the heaviness and increase your enjoyment of the food.



Liver is one of the most nutrient dense foods on the planet and pate is one of the easiest ways to get liver into your diet, especially considering a lot of people dislike liver's very distinctive taste but really enjoy eating pate!

It is a rich source of Iron, Vitamin A and B12.



What to avoid?

Avoid pate and other meat products with added ingredients like margarine and polyunsaturated vegetable oils such as canola, sunflower or soybean oil.

Studies show a clear link between the high consumption of these oils and fats and the development of heart disease.

Meat and other Proteins



Cheese and yoghurt can be a healthy source of calcium, other trace minerals, vitamin A and a variety of B vitamins.

Cheese is an easy snack that satiates quickly without spiking your blood sugar and it also pairs well with other foods.



Boiled eggs are great! Boil 3-4 on a Sunday night to throw in your lunchbox during the week or to grab straight from the fridge when you get the munchies.

After they are hard boiled they stay fresh for 5 days in the fridge.



Meat and other Proteins

Tinned fish is an easy option to throw in your handbag, suitcase for an interstate trip or you can leave it in a desk drawer.

Options including tuna, salmon, mackerel and sardines. Fatty fish is highly nutrient dense and a great source of protein omega-3 fats, trace minerals and B12.



Smoked Oysters are a great source of zinc which supports both male fertility and the immune system. They are also rich in a wide variety of nutrients including B12 and various trace minerals.



They are widely available in tins which makes them highly affordable and easy to transport, so it's hard to pass them by as one of our favourite snacks to grab and go.



Choosing Tasty Pairing Food

Choosing healthy foods that pair well together and really taste amazing when eaten in combination can make a snack much more interesting and enjoyable, and provide a greater range of nutrition and health benefits. I love it when a taste combination surprises me and helps me enjoy both ingredients more. Some suggestions that I have been personally surprised by include celery & pate, pear slices and blue cheese as well as chicken, celery, walnut and mayo. The tastes compliment each other beautifully and can make flavours really pop.

Sometimes pairing for me is about finding a convenient (and still tasty) snack that I can take out and about with me.. For example grabbing a tin of tuna and a punnet of cherry tomatoes or some cheddar cheese and cucumber is both tasty and easy to grab from the fridge as I always have them in the house.

Be creative, but here are other some simple ideas to try:

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- Walnut and avocado
 - Apple and Nut butter
 - Banana and Nut butter
 - Tuna and cherry tomatoes
 - Boiled eggs, avo, tomato, mayo salt and pepper
 - Pear or apple slices with blue cheese or brie
 - Cheddar cheese with cucumber or cherry tomatoes

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- Nori wraps with different fillings - cauliflower rice and tuna, egg salad or even your usual sushi can increase your seaweed consumption
 - Lettuce wraps with a variety of fillings - chicken, mayo, celery and walnut or boiled eggs, avo & cucumber are both delicious
 - Hummus and carrot
 - Celery and pate



Here are some of my favourite recipes that are proven hits with my family, friends and clients. You can find the recipe details and my latest creations at: <http://www.happygreensprout.com/recipes>

Gluten Free Meatballs



I will often make a batch of these and leave them in the fridge - a great snack to satiate hunger, and I only need one or two.

My kids also love these meatballs and they get a low carb snack with heaps of protein, vitamins and minerals.

Chocolatey Grain-free, Gluten-free Granola



I picked up this recipe from Sarah Wilson's I quit sugar website, but have put a bit of a twist on it by adding in cacao for extra antioxidants and chocolate flavour.

I eat it for breakfast or as snack. It pairs well with Greek full-fat yoghurt, kefir or coconut yoghurt.

Clean Eating Nutty 'Chocolate'



This is a great option if you are looking for a healthier alternative when those 2.30pm chocolate cravings really hit.

It contains just 6 clean ingredients and only takes 5 minutes to combine and pop in the freezer if you use pre-roasted or raw nuts.

Healthier 'Movie-style' Popcorn



By cooking it in Coconut oil and adding a bit of melted butter at the end this popcorn can satisfy those munchies.

Great for when you're watching a movie at home or to give you a decadent but healthier snack for a kid's party.

Baked Kale Chips



Ready in 15 minutes and easy to pop in the oven whilst you're baking something else in the oven, these kale chips are surprisingly moreish.

I've converted my fair share of kale-haters with this recipe.

Bliss Balls

So many options and so easy to make as they are raw and so there is no cooking/baking involved, you'll just need to pop the ingredients in the food processor, whizz it all up and form them into balls, roll and you're done.

