

NUTRITION NEWS

February 2015

Healthy Snack Ideas

Snacks are an important part of eating healthy. Planned snacks help you keep your appetite in check, which keeps you from over eating at your next meal. Healthy snacks that include carbohydrate & protein are not only satisfying, but they give you energy and help you stay focused.

Choose a small snack if you are planning to eat a meal within 2 hours, and a larger snack if you have to wait 2-4 hours before eating again.

Snacks to keep at home or in your dorm:

- ½ cup cottage cheese and ½ cup fruit
- ½ cup baby carrots and cucumber slices with 1/3 cup hummus
- 1 cup vegetable soup with 4 whole grain crackers
- ½ whole wheat English muffin topped with 1 TBSP marinara sauce and 1 TBSP mozzarella
- 1 hard-boiled egg and a slice of whole grain toast
- 1 cup plain or fruit yogurt with ½ cup berries and 1 TBSP chopped nuts
- ½ can of wild salmon or tuna mixed with 2 teaspoons mayonnaise and 1 brown rice cake
- Smoothie made with ½ cup frozen fruit, ½ cup Greek yogurt, ½ cup juice or milk
- Quesadilla made with 1 corn tortilla, ¼ cup shredded cheese and 1 TBSP salsa
- Yogurt Parfait made with ½ cup low fat yogurt, ¼ cup granola and ½ cup diced fruit
- 1 cup microwaved edamame sprinkled with 1 tsp of soy sauce
- 1 slice of turkey and one cheese stick rolled up

Questions about nutrition? Make an appointment to see the Dietitian! Call the Student Health Center to schedule an appointment: 209-228-2273

H.E.R.O.E.S. Corner



Join us for **FREE**
Nutrition & Fitness Classes!
February 3rd & February 10th
1-2 pm
SAAC 209
All UC Merced students who attend will
receive FUN giveaways!

On the Go Snacks:

- 1 piece of fruit and a handful of nuts
- 2 TBSP dried fruit with 12 almonds
- 1 piece of Laughing Cow Cheese and 4 whole grain crackers
- Natural fruit leather
- 1 Lara, Kind, Powerbar Harvest Bar, or Kashi TLC bar
- 1 container Greek yogurt
- 1 oz. of turkey or beef jerky
- ½ cup of cherry tomatoes and 1 string cheese stick
- 1 banana and a packet of natural peanut or almond butter