

Smart Snacking

NUTRITION NEWSLETTER

Snacks, which derive from the verb "to bite," were sporadic sweets enjoyed during festivities and special occasions a century ago. These days, we define snacks as anything consumed in between meals.

Here are some disadvantages and advantages of the growing snacking trend.



ADVANTAGES

Eating nutritious meals or snacks every 3-4 hours may help prevent excess hunger, overeating, and weight gain.

Healthful snacks with fruits, vegetables, dairy products, whole grains and/or nuts can supplement meals to help your body's needs for vitamins and minerals.

DISADVANTAGES

The most popular snacks (desserts, salty snacks, and sweet drinks) provide "empty calories", or energy without important nutrients necessary for growth and wellbeing.

Snacks are getting larger. Almost 1/3 of our daily calories (or energy) are coming from snacks leading to weight gain and obesity.

Poorly timed snacks are replacing nutritionally balanced meals.

DELICIOUS SNACK IDEAS

Some delicious snacks to try:

SALADS

Any seasonal fruit or vegetable salad sticks

Baked beetroot slices

Baked sweet potato slices.

Boiled legumes

Sprouts salad

Corn salad



SWEET AND HEALTHY

Besan or moong dal ladoo
Ragi ladoo
Coconut ladoo
Dates and nuts ladoo
Makhana ladoo
Oats balls



NUTS AND CRISPS!

Cashews
Pistachios
Almonds
Homemade cookies
Raw banana crisps
Sweet potato wedges
Homemade chakli
Chikki



QUICK AND DRY SNACKS

Roasted makhana
Roasted Channe
Peanuts
Coconut slice
Murmura (puffed rice)
Guacamole, and Veggie
"Chips" — thinly sliced
Carrot, cucumber and/or bell
pepper. Veggies dipped in
flavoured Hummus.