

# MONTHLY MUNCH

The Healthy Bodies Project Monthly Newsletter



## HAPPY NATIONAL NUTRITION MONTH!

### Snack Ideas:

- Apple & peanut butter
- Hard boiled egg & red pepper
- Hummus & cucumbers
- Guacamole & tortilla chips
- Rice cakes, peanut butter & banana
- Make your own popcorn at home with olive oil & choose your own spices!

### Sources:

Academy of Nutrition and Dietetics. (2017). Smart snacking for adults and teens. Retrieved from [https://www.eatright.org/-/media/files/eatrightdocuments/nnm/smart\\_snacking\\_for\\_adults\\_and\\_teens.pdf?la=en&hash=CA7BDF27EB5947E8C56528534C7BE9BC5C4B54E8](https://www.eatright.org/-/media/files/eatrightdocuments/nnm/smart_snacking_for_adults_and_teens.pdf?la=en&hash=CA7BDF27EB5947E8C56528534C7BE9BC5C4B54E8)

USDA. (2017) Hacking your snacks. Retrieved from [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW\\_tipsheet\\_11\\_Hackingyoursnacks.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW_tipsheet_11_Hackingyoursnacks.pdf)

CHECK US OUT  
ON FACEBOOK!



Each March, the Academy of Nutrition and Dietetics highlights the accessibility of healthy eating habits by offering tips and tricks.

**Read more here:** <http://bit.ly/2x75Slo>

## SPRING INTO SNACKS!

Written by Holly Jones, Nutrition Educator

**Give your snacks a makeover this month! Many busy parents ask, why is it worth the effort to prepare healthy snacks? Here are just a few reasons why spending a little time on snack preparation will pay off:**

- Higher and/or more consistent energy throughout the day
- Increased variety in your diet
- Reduced opportunities for consuming added sugar and empty calories
- Takes the pressure off mealtime for picky eaters!



### HOW TO CHOOSE HEALTHY SNACKS:

- Choose foods from 2+ food groups to stay fuller longer
- Prep foods into snack portion sizes ahead of time--if you're already hungry and no snacks are prepared you're more likely to reach for junk foods!