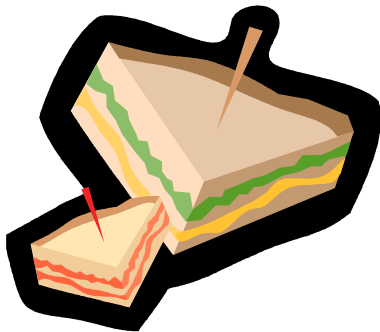




Benefits of Snacking

Why snack?

- Provides needed calories, vitamins and minerals each day.
- Helps maintain or gain muscle mass. **This is important!**



What to eat?

- Whatever you like! Leftovers, a small sandwich, fruit and yogurt - a snack can be anything.
- Snack should be healthy and smaller than a full meal! *Eat at least 2 hours before or after a meal.*

Circle the healthy snacks below you might enjoy.

- Cottage Cheese
- Canned or Fresh Fruit
- Cereal and Milk
- Graham Crackers
- Chips and Salsa
- Popcorn
- Baby Carrots
- Apple Slices with Peanut Butter
- Unsalted Nuts
- Dried Fruit
- Raw veggies with dip or hummus
- Reduced Sodium Soup
- Yogurt
- Hard cooked eggs

Healthy Spinach Dip

1 (10 oz.) package frozen chopped spinach
1 package vegetable soup and recipe mix
1¼ cup light sour cream
1 cup fat-free mayonnaise
1 (8 oz.) can water chestnuts, chopped
3 green onions, chopped



Thaw spinach. Squeeze dry. Blend well the soup mix, sour cream and mayo. Stir in spinach, water chestnuts, and green onions. Cover and chill for 2 hours. Stir before serving. Makes 4 cups. Serving size: 1 tablespoon.

Nutrition Information:

Calories: 13
Protein: 3 grams
Carbohydrates: 9 grams
Fat: Less than 1 gram
Cholesterol: 2 mg
Sodium: 79 mg

Spinach dip can be served with your favorite whole wheat or whole grain bread, whole wheat pita slices, or whole grain crackers.

Recipe accessed at:

http://medicalcenter.osu.edu/patientcare/healthcare_services/heart/heart_recipes/?ID=1401&i=0

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