



Nutrition

Healthy food for healthy bodies





Nutrition-

What we will learn about in this class

- Food Safety
- What is nutrition?
- A healthy plate. Balancing nutrients.
- Reading food labels. What is a calorie?
- What does Serving Size mean?
- Foods to avoid and why?
- Eating out. How to make healthy choices in a fast food world.
- Overview of what we have learned.

Food Safety

Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom

Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.





Chill-

- Refrigerate or freeze meat, poultry, eggs, and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.



Keep Cold Lunches Cold

Keep Cold Lunches Cold

Prepare cooked food, such as turkey, ham, chicken, and vegetable or pasta salads, ahead of time to allow for thorough chilling in the refrigerator.

Divide large amounts of food into shallow containers for fast chilling and easier use.

Keep cooked food refrigerated until time to leave home.



Keep Hot Lunches Hot



Keep Hot Lunches Hot

- Use an insulated container to keep food like soup, chili, and stew hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Keep the insulated container closed until lunchtime to keep the food hot.

Separate: Don't Cross Contaminate

- Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene — wash hands with warm water and soap. Wash cutting boards, dishes, countertops, and utensils with hot soapy water.



- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Use a [food thermometer](#), which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a [safe internal temperature](#).
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.





Safe Cooking Temperatures

Beef, Pork, Veal & Lamb 145 °F (62.8 °C) and allow to rest for at least 3 minutes
Steaks, chops, roasts

Ground meats 160 °F (71.1 °C)

Ham, fresh or smoked (uncooked) 145 °F (62.8 °C) and allow to rest for at least 3 minutes

Fully Cooked Ham (to reheat) Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).

All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing) 165 °F (73.9 °C)

Eggs 160 °F (71.1 °C)

Fish & Shellfish 145 °F (62.8 °C)

Leftovers 165 °F (73.9 °C)

Casseroles 165 °F (73.9 °C)






Nutrition

Class #1

What is Nutrition?

Nutrition is the process of getting food into your body and using it as raw materials for growth, fuel for energy, and vitamins and minerals that keep your body healthy and functioning properly.



The foods you eat provide the energy your body needs to function. Just like you need to put fuel in your car or recharge your cell phone battery, your body needs to be fed energy-providing foods every day.

Mastering nutrition basics comes down to understanding the roles that specific nutrients play in a healthy diet.

Healthy Nutrition:

Some healthy examples



- Includes a variety of foods from the major food groups: fruits, vegetables, whole grains, low-fat dairy products, and lean protein including beans and other legumes, nuts and seeds, and healthy fats
- Provides guidelines for how much food to choose from each group
- Includes foods you can find in your local grocery store — rather than specialty or gourmet store items
- Fits your tastes, lifestyle and budget

Calcium



Benefits: Bone health.

Sources: Dairy products such as Milk, Cheese, Yogurt; fish with bones; dark, leafy greens. Broccoli.

Fiber

Benefits: Protects against coronary heart disease and reduces the risk of diabetes.

Sources: Fruits, vegetables, legumes, nuts, seeds, whole grains.



Magnesium

Benefits: Helps maintain normal muscle and nerve function and develop and maintain bones.

Sources: Nuts, seeds, bran, halibut and other fish, dark leafy greens



Potassium

Benefits: Helps maintain healthy blood pressure and reduce the effects of salt; may reduce the risk of recurrent kidney stones and possibly decrease bone loss.

Sources: Potatoes, Dried Apricots, Avocados, tomato paste and puree, white beans, yogurt, soybeans, bananas.





Vitamin A

Benefits: Important for vision, red blood cell production, embryonic development, and immune function.

Sources: Organ meats; orange vegetables; green, leafy vegetables.





Vitamin C

Benefits: Acts as a disease-fighting antioxidant; may help to maintain a healthy immune system.

Sources: Fruits and vegetables, including citrus fruits, red and green peppers, kiwis, and guavas.



Vitamin E

Benefits: Acts as a disease-fighting antioxidant; may support eye health.

Sources: Some ready-to-eat cereals, some oils, almonds, peanut butter.



Protein



Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

Sources: Meat, Eggs, Fish, Milk Products, Nuts, Peas and Beans

Carbohydrates



The primary function of carbohydrates is to provide energy for the body, especially the brain and the nervous system.

Legumes, such as beans, peas, lentils and peanuts, starchy vegetables, such as potatoes, corn, green peas, and parsnips, Whole-grain breads, pastas and cereals



Fats



Good fats protect your heart and keep your body healthy, while bad fats increase your risk of disease and damage your heart. Some types of vitamins rely on fat for absorption and storage. Vitamins A, D, E and K, called fat-soluble vitamins, cannot function without adequate daily fat intake. The mix of fats that you eat, rather than the total amount in your diet, is what matters most when it comes to your cholesterol and health. The key is to eat more good fats and less bad fats.

Nutrition-Second Week:

What is a healthy plate?

Easy guide for a healthy plate



[Fruit Quiz](#)

http://www.choosemyplate.gov/fruitquiz_start

[Vegetable](#)

http://www.choosemyplate.gov/vegetablequiz_Quiz

Protein



Choose the Healthiest Sources of Protein

Just about every type of food has protein. Some have more than others. Whether you eat meat or not, you can get enough protein from your diet.

- Adult men need about 56 grams a day.
- Adult women need about 46 grams a day

Proteins Continued:



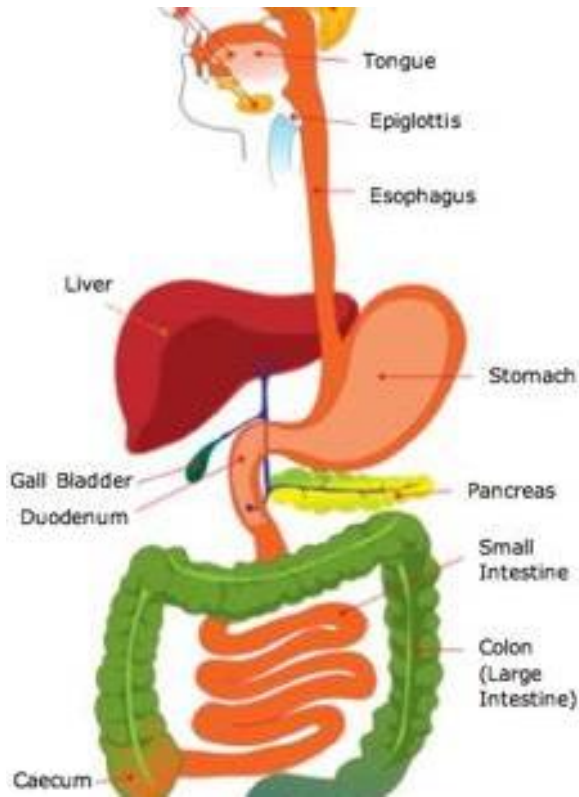
To help lower the chance of getting heart disease, it's a good idea to limit the amount of red meat, especially processed red meat, and eat more fish, poultry, and beans, according to researchers at the Harvard School of Public Health. Most nutritionists agree the best approach is to choose from a variety of protein sources.

Grains



Whole grains are packed with nutrients, including protein, healthy carbohydrates, fiber, Good Fats, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.

Grains Continued



Whole-grain diets also improve bowel health by helping to maintain regular bowel movements and promote growth of healthy bacteria in the colon.



Vegetables



Vegetables are a great source of all of the nutrients our body needs to repair itself, fight colds and flu viruses, and function day to day. They are light on Calories, yet high in nutrition. Most of us don't eat enough vegetables.

Vegetables Continued:



Another great benefit of vegetables is dietary fiber. Fiber is an important nutrient found only in plant foods. As part of a healthy diet, fiber helps scour bad cholesterol out of your arteries, thus lowering your risk of heart disease, says the USDA. Fiber also keeps your digestive system running smoothly, helps control your blood sugar levels and may help prevent cancer.



Fruits



Fruits are low in calories and bad fats and are a source of simple sugars, fiber, and vitamins, which are essential for our health.

Fruits provide plenty of dietary fiber, which helps to ward off cholesterol and fats from arteries and to help in smooth bowel movements as well as offer relief from constipation.

Fruits Continued:



Fruit's health benefiting properties are because of their richness in vitamins, minerals, micro-nutrients, and anti-oxidants. These help the body prevent or at least prolong the natural changes of aging by making your cells, tissues, and organs stronger and able to repair themselves when damaged. The skin of fruits and vegetables have the highest amount of nutrition- so leave them on!

Dairy



Dairy foods provide several important nutrients, including protein, B vitamins and vitamin D, and are considered major sources of calcium in the diet. Milk has properties that lower high blood pressure and risk of strokes. It reduces the liver's production of cholesterol, and it can act as an antacid. Vitamins A and B in milk can help build good eyesight. Milk has also been shown to help lower risk of certain cancers.

Dairy Products



Yogurt and Soft Cheeses are full of Probiotics. Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. They help with digestion and even help our to strengthen our bodies immune system to help fight disease and help reduce some allergies.



Reading Food Nutrition Labels

- Food Labels are designed to help people understand the nutrition in processed or packaged foods. The Labels are intended to make it easier for you to make quick, informed food choices that contribute to a healthy diet.

Nutrition Labels

Nutrition Facts

Serving Size 1/8 of recipe 102g (101 g)

Amount Per Serving

Calories 227 Calories from Fat 171

% Daily Value*

Total Fat 20g 30%

Saturated Fat 9g 45%

Trans Fat

Cholesterol 135mg 45%

Sodium 131mg 5%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Sugars 1g

Protein 10g

Vitamin A 56% • Vitamin C 33%

Calcium 17% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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The main or top section can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom part contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber.

Are **You**
SMARTER
Than A
FOOD
LABEL?



Are You Smarter Than A Food Label?



Serving Size



5 cups
270 calories



Tub
630 calories



3-inch diameter
140 calories



5-6-inch diameter
350 calories



333 calories



590 calories



Original 8-ounce bottle
97 calories



20-ounce bottle
242 calories

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label.

Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? Then multiply the calories and nutrition information by the number of servings you are consuming.

	Single Serving	%DV
Serving Size	1 cup (228g)	
Calories	250	
Calories from Fat	110	
Total Fat	12g	18%
<i>Trans</i> Fat	1.5g	
Saturated Fat	3g	15%
Cholesterol	30mg	10%
Sodium	470mg	20%
Total Carbohydrate	31g	10%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	5g	
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

	Double Serving	%DV
	2 cups (456g)	
	500	
	220	
	24g	36%
	3g	
	6g	30%
	60mg	20%
	940mg	40%
	62g	20%
	0g	0%
	10g	
	10g	
		8%
		4%
		40%
		8%



Calories (and Calories from Fat)

- Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients.

Eating too many calories per day is linked to overweight and obesity

Eating Foods high in calories and low in nutrition is the main cause for many diseases and illness.




Calories (and Calories from Fat)

- **General Guide to Calories**
- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high
- The General Guide to Calories provides a general reference for calories when you look at a Nutrition Facts label. This guide is based on a 2,000 calorie diet.

The Nutrients



Getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages (see calcium section below). Eating a diet high in dietary fiber promotes healthy bowel function. A diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.



Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups:

- **Limit These Nutrients**

Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

- **Get Enough of These**

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Take a look at the Nutrition Facts label for the two yogurt examples. The plain yogurt on the left has 10g of sugars, while the fruit yogurt on the right has 44g of sugars in one serving.

Plain Yogurt


Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 45 %	Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Fruit Yogurt

Nutrition Facts	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories 240	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4 %
Saturated Fat 1.5g	9 %
Trans Fat 0g	
Cholesterol 15mg	5 %
Sodium 140mg	6 %
Total Carbohydrate 46g	15 %
Dietary Fiber Less than 1g	3 %
Sugars 44g	
Protein 9g	
Vitamin A 2 %	Vitamin C 4 %
Calcium 35 %	Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



Now look below at the ingredient lists for the two yogurts. Ingredients are listed in descending order of weight (from most to least). Note that no added sugars or sweeteners are in the list of ingredients for the plain yogurt, yet 10g of sugars were listed on the Nutrition Facts label. This is because there are no added sugars in plain yogurt, only naturally occurring sugars (lactose in the milk).

- Plain Yogurt

Ingredients: Cultured Pasteurized Grade A Nonfat Milk, Whey Protein concentrate, Pectin, Carrageenan.

- Fruit Yogurt

Ingredients: Cultured Grade A Reduced Fat Milk, Apples, High Fructose Corn Syrup, Cinnamon, Nutmeg, Natural Flavors, Pectin.

If you are concerned about your intake of sugars, make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.





Now lets get Fooducated!

Work in small teams to fill out the 4 worksheets, then we will review them together. Each team take 1 worksheet to work on.





What is a Serving Size

- When eating at many restaurants, it's hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines

Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls.

Portion control in front of the TV. When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package.



Portion control when eating out.

Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a "to-go" box and wrap up half your meal as soon as it's brought to the table.



Portion control when eating in.

To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.



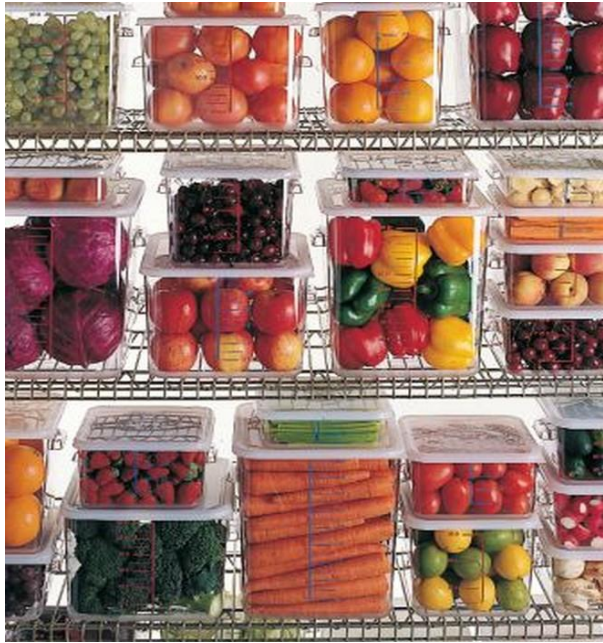
Go ahead, spoil your dinner.

- We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.





Be aware of large packages.



- For some reason, the larger the package, the more people consume from it without realizing it. To minimize this effect:
- Divide up the contents of one large package into several smaller containers to help avoid over-consumption.
- Don't eat straight from the package. Instead, serve the food in a small bowl or container.

Out of sight, out of mind.

























- People tend to consume more when they have easy access to food. Make your home a "portion friendly zone."
- Replace the candy dish with a fruit bowl.
- Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.
- When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of the pantry.



Samples of portion sizes

SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.

 =  steak iPod Classic	 =  cheese matchbox	 =  pancake DVD
 =  pasta ice cream scoop	 =  potato mouse	 =  fish checkbook
 =  butter postage stamp	 =  salad dressing 1-oz shot glass	 =  brown rice baseball
 =  peanut butter golf ball	 =  beans lightbulb	 =  dark chocolate dental floss



There are **230 calories** in 1 serving of McDonald's French Fries (Small).

Calorie breakdown: **11 Grams fat**, 29 Grams carbs, 3 grams protein

There are **510 calories** in 1 serving of McDonald's French Fries (Large).

Calorie breakdown: **24 Grams fat**, 67 Grams carbs, 6 grams protein.



By Comparison



An Apple has 72 Calories, 0.23 grams of Fat and 0.36 grams of protein, Plus has the added benefit of higher Fiber, Vitamin C and Vitamin A

Portion Distortion



WEIGHTLOSSVILLAGE

WE TAKE THE GUESSWORK OUT OF WEIGHT LOSS

Portion Distortion: Part I

SPAGHETTI & MEATBALLS

20 Years Ago



500 calories - 1 cup spaghetti with sauce and 3 small meatballs

Today



How many calories do you think are in today's portion of spaghetti & meatballs?

Junk Food Junkie

Are you a junk-food junkie? Here's what you need to know.

- "Junk food" generally refers to foods that contribute lots of calories but little nutritional value
One problem with junk foods is that people don't tend to feel as full when they eat them which can lead to overeating.



Another problem is that junk food tends to replace other, more nutritious foods.





Researchers suggested that certain factors inherent to fast food might promote overeating:



- It's low in fiber.
- It's high in palatability (that is, it tastes good).
- It offers a high number of calories in a small volume.
- It's high in fat.
- It's high in sugar in liquid form.

Junk food doesn't contain the nutrients your body needs to stay healthy. As a result, you may feel chronically fatigued and lack the energy you need to complete daily tasks.



Because fast food and junk food don't contain adequate amounts of protein and good carbohydrates, your blood sugar levels will drop suddenly after eating, leaving you feeling grumpy, fatigued and craving sugar.



Soda (source- <http://www.everydayhealth.com>)

Why Say No to Soda?

- **Soda is truly worthless to your body.** (Soda doesn't have any redeeming virtues, nutritionally. Healthy drinks, on the other hand, have vitamins and minerals the body can use. Even plain water can rehydrate your body without adding extra calories to your [diet](#).)

Sugary sodas contribute to obesity and diabetes. (Soda is loaded with high-fructose corn syrup, a sweetener that has been linked to obesity. Soda consumption also has been linked to the development of [type 2 diabetes](#), both due to its sugar content and its effects on the body's hormones. And diet soda? It may not be any better. At least one study has linked artificial sweeteners, such as those used in diet sodas, to increased appetite, greater difficulty losing weight, and a harder time maintaining [weight loss](#).)



Why say no to Soda continued

- **Soda damages your teeth.** The sugar in soda coats your teeth, combining with bacteria in your mouth to form acid. Both regular and diet soda also contain carbonic acid through carbonation. These acids work to weaken tooth enamel, causing cavities and tooth decay.

Drinking soda can weaken your bones. (Most sodas contain phosphorous and caffeine, agents that are believed to contribute to osteoporosis. Experts also worry that people consume soda in place of milk or other healthy drinks, depriving the bones of calcium.)

Soda can harm your major organs. (Research has demonstrated that increased soft drink consumption may be linked to chronic kidney disease, development of metabolic syndrome (a group of symptoms that add up to increased heart risk), and fatty liver, a chronic liver disease.)





Try these healthy drink alternatives:



•**Water.** It is the ultimate healthy drink. It has no calories and it comes straight from your tap.

•**Fruit juice.** To replace soda you can drink some seltzer or plain water with a splash of juice for a little flavoring. Rather than drinking juice, eat a piece of whole fruit. You're also getting the fiber in the fruit.

•**Milk.** This is another essential healthy drink. An 8-ounce glass of nonfat milk has 80 calories and nine essential nutrients.

•**Tea.** Whatever teas you prefer — green, black, herbal — they all have been shown to contain high levels of antioxidants, which are believed to protect the body from damage.

And Remember you can always add Fruit slices to flavor your water for flavor.



Smoothies: A nutritional power punch



- Blending together your favorite fruits and vegetables can make an excellent fast meal.

Don't forget to include greens and vegetables along with your favorite fruits to boost fiber and give you varied vitamins and minerals your body needs.

Eating out: Avoiding the pitfalls of fast food



- Many Fast food restaurants these days are offering some healthy choices for people on the go.

Salads, Fruit Slices, Smaller portions are all available at most fast food restaurants.

YOU are in choice.



Fast Food Healthy choices

INSTEAD OF...

Double-patty cheeseburger

French fries

Chicken “nuggets” or tenders

Salad with toppings such as bacon, cheese, and ranch dressing

Milkshake

TRY...

Regular, single-patty hamburger without cheese

Baked potato or a side salad

Grilled chicken strips

Garden salad with grilled chicken and low-fat dressing

Yogurt parfait with fresh fruit



Tips for making healthier choices no matter where you go:

- Skip the fries and get a salad, fruit or veggies as a side order
- Get your burger without the bun
- Hold the mayonnaise and reach for low-calorie condiments like mustard
- Go easy on special sauces and always get your dressing on the side. Dip your fork in the sauce, then gather a bite of the food instead of pouring sauce on.
- Say no to bacon, cheese, onion rings, sour cream and other heavy toppings.
- Don't drink your calories! Avoid sodas and milkshakes altogether.
- Portion control: if the servings are huge, immediately set aside half to take home.
- Look at the Kids Menu. There are surprisingly healthy options in these sections.

Balancing Budget and Healthy foods



- "The combination of protein and fiber from whole grains, beans, nuts, vegetables and/or fruit will give you the most satisfying and nutritious combination of foods that will keep you feeling full until dinner," says Connie Diekman, RD, president of the American Dietetic Association.

Fast Food Alternatives

- Sandwiches are not your only option when you're brown-bagging it. Last night's dinner, hard boiled eggs, vegetarian wraps, cereal -- anything you enjoy at home can be packed up and eaten for lunch.



Easy meals you can bring with you

- Light string cheese and a piece of fruit
- Peanut butter paired with whole-grain crackers or an apple
- Beef jerky and whole-grain cereal
- Sliced turkey with reduced-fat cheese and mustard and a handful of baby carrots
- Trail mix made w/whole-grain cereal or crackers, dried fruit, and nuts
- Instant packs of plain oatmeal, topped with nuts and a dash of cinnamon
- Canned soups (look for light versions and those with lower sodium)
- Nonfat yogurt topped w/ granola or pretzels
- Granola bars (choose those that are high in fiber and have less sugar)
- Hummus with whole-grain crackers or pita bread, or cut-up vegetables
- Pouches of tuna or salmon with whole-grain crackers or rice cakes
- A couple of hard-boiled eggs and a whole-wheat toast
- Low-fat or fat-free cottage cheese topped with sliced pineapple or cucumber

