

## Healthy Eating on the Go

### Healthy Snack Ideas

- Corn chips or other natural chips with salsa, tzatziki or hummus
- Look through cookbooks and search the internet for easy muffins, cookies and snacks you make yourself to your taste
- Drinks-to-go: bottled water, fresh fruit or veggie juice, smoothies, protein drinks
- Go to The Health Food Store. New snacks come into the stores all the time. They include whole grains cookies and baked snacks, fruit bars, nut bars and dried vegetables snacks.



### Date Rice Crisps

These cookies are full of fibre and nutrients and are easy to prepare. They make a great snack to carry with you, giving you plenty of energy. This recipe make 48 cookies and each cookie is about 52 calories.

- 1/4 cup unsalted butter 1 cup sucanat\*
- 1/2 cups chopped pitted dates, (8 ounces) 1/8 teaspoon sea salt
- teaspoon vanilla extract
- 2 cups toasted brown rice cereal, such as Brown Rice Crisps
- 1 cup unsweetened sulfite-free shredded coconut

Combine butter, sugar and dates in a large saucepan. Cook, stirring constantly, until the butter is melted, the sugar is no longer crystals and the dates are mostly melted, 8 to 15 minutes. The mixture should be a shiny, brown sticky mass. Remove from the heat. Add salt, vanilla, cereal and coconut; stir well to combine. When cool enough to handle, squeeze and roll the mixture into 1- inch balls. Place on a wax paper-lined baking sheet. Refrigerate until chilled.

\*Sucanat is sugar cane juiced and crystalized. It is low glycemic and contains all the vitamins, minerals and phytonutrients of whole sugar cane. Maple syrup or yellow brown sugar will also work well in this recipe or you can mix the two together 50/50 or mix the maple syrup 50/50 with the sucanat. Another great option is coconut sweetener or palm sugar. All of these sweeteners are low glycemic which will help sustain energy throughout the day.

### Healthy Restaurant Eating

- The fancier the restaurant you go to, the smaller the portion, and that's better for you. The average North American restaurant gives you double to triple the protein and carbs you need. The plate should be 50 percent vegetables, 25 percent protein and 25 percent grains, preferably whole grains.
- Learn the language. Unhealthy options are often disguised. Words like "crispy," "alfredo," "breaded," and "pan-fried" generally indicate un- healthy choices. Look for words like "grilled," "steamed" and "baked."
- Speak up. Eating healthy may require asking for substitutes like vegetable instead of fries.
- Don't drink your calories. Fruity drinks and soda are packed with calories. If you're going for an alcoholic drink, opt for wine or light beer.
- Know your meat. It's always best to select leans meats.
- Look for healthy selections. Restaurants often have a section of their menu to showcase healthy options. or designate certain menu options with a symbol if they meet healthy guidelines.
- Share a happy ending. Sorbet or gelato with fresh fruits are a healthy dessert option.

## Nuts and Seeds Mixed with Dried Fruits Make a Great Snack

Nuts and seed provide plenty of B vitamins, vitamin E, iron, calcium, magnesium, potassium and other minerals, and essential fatty acid omega 6. Some, like walnuts, contain omega 3. Dried fruits provide powerful antioxidants, fibre and energy-sustaining carbohydrates. Nuts, seeds and dried fruits come ready to eat and, by combining the two together delivers all major foods groups in a good ratio, and many important nutrients.

Dried fruits should be sulfite-free. Sulfites are used as a preservative for fruits and vegetables, and prevent discoloration of the foods. Sulfites can cause head- aches, nausea, and allergic reactions in some people.

Legally, foods containing sulfites must be labelled as such. However, it is easy to tell with dried fruits. If the fruit is uniform in color, then it probably has added sulfites. For example, sulfite-free apricots and apples are brown.

## Some of the Best Dried Fruits

- **Apricots** are a good source of fiber. They also contain vitamin A, C and iron. The most nutritious way to eat apricots is dried.
- **Goldenberries** also known as cape gooseberries or physalis are high in carotene and bioflavonoids (vitamin P) and an excellent source of vitamin A, vitamin C, fibre and pectin. Unlike most fruits, goldenberries also contain protein and phosphorous.
- **Gogi Berries** contains the carotenoids- beta-carotene, zeaxanthin, lutein,  $\beta$ -cryptoxanthin, and lycopene, at least 6 vitamins (C, B1,B2,B3,B6,E), over 30 essential trace elements, polyphenolic antioxidants and 19 amino acids.
- **Cherries** have significantly higher levels of antioxidants than many other fruits, as well as important nutrients like beta-carotene, folic acid and fiber.
- **Figs** lose none of their potency when dried, unlike other fruits. They are high in iron, folic acid and potassium and help stabilize blood sugar.
- **Blueberries** are another "antioxidant superfruit," high in vitamins A, E and especially B, which are necessary for a healthy nervous system.
- **Black Currants** are high in the same beneficial antioxidants just like blue- berries, and high in vitamin C, manganese, iron and potassium.
- **Sundried Tomatoes** are fruits, and a great way to get the cancer-reducing properties of the tomato, along with vitamin C and lycopene, which are beneficial to the eyes.

## Buying Nuts

Almonds, walnuts, hazelnuts, pecans, cashews, brazil nuts, sunflower seed, pumpkin seeds are all delicious and beneficial. New on the market are sacha inchi seeds which hail from the Amazon and are 13 times higher in Omega 3 than salmon. They contain all 8 essential amino acids and are a good source of Vitamin E and fibre. Nut and seeds should be raw when purchased as roasted nuts go rancid easily sitting in the store waiting for you to come and buy them. Buy nuts and seeds from stores that are very busy and have good turnover for the freshest option.



## Chocolate

Look for 70% cocoa solids or higher as it makes a great snack. Covering dried fruits, nuts or seeds with chocolate just increases the benefits, adding extra antioxidants, vitamins and minerals. Chocolate should be sweetened with healthy sweeteners like evaporated cane juice, yacon or honey.

## Healthy Beverages to Carry with You

Most health professionals recommend 6-8 glasses of water a day. This may be difficult especially for those who do not like drinking water. Try these tips:

- Add 1-2 tablespoon of (unpasteurized) honey to a liter of water and sip on it through the day. Studies show that honey helps sustain blood sugar and raw honey has 10 strains of good bacteria
- Mix water with either fresh juice or natural, unsweetened, bottled or frozen juice in a ratio of 75 % water to 25 % juice.
- Make a big batch of green tea or another type of herbal tea that you enjoy. Put it in a thermos and sip on it throughout the day.
- This will help hydrate the body and provide valuable antioxidants and nutrients for the brain, immune system and help keep blood sugar stable for better energy levels. Add lemon and/or raw honey or fresh juice to help flavor herbals teas to your taste.