

Saturday, November 23, 2019

Title: Eat Smart Beyond Meals

Thanksgiving is less than a week away. You likely have the holiday meal planned. What about the rest of the day? November is Eat Smart month sponsored by the America Heart Association (AHA). Each week, I am sharing the messages offered by AHA that can help you make the Holiday Season and Healthy Season, too! This week's column shifts your focus from the main meal choices to decisions made between meals. So, take a moment to think beyond meals. After all, snacks and drinks are also an important part of your eating plan and pattern.

Snacks can add extra calories, sodium, saturated fat and added sugars you don't need. They can easily undermine your effort to eat healthy during the holidays. Snacks and drinks can also help control your appetite, as well. You simply need to be intentional about what you snack on and drink to get the most value toward your healthy eating goals.

Here are some ways offered by the American Heart Association during Eat Smart Month to keep snacks and drinks healthier:

- Choose H2O. Remember, the healthiest thing you can drink is water! Make it your default choice when you're feeling thirsty. You can give it some extra appeal by adding fresh or frozen fruits, herbs or a splash of 100% fruit juice. Check out the infused water recipes at the end of this article. These offer big flavor with little calorie intake.
- Try seltzer, club soda or sparkling water if you love the fizz. For a festive holiday look, garnish with whole cranberries and mint leaves.
- Swap the empty calories of most crackers and chips for the crunchy goodness of whole grains, raw fruits and veggies, and nuts and seeds. The Apple Wrap recipe provided at the end of this article combines several of these healthy ingredients.
- Replace sugary drinks (including sodas, energy and sports drinks, sweet tea and lemonade) with water or unsweetened tea. To make the switch easier, cut back the amount of sweetener gradually until your taste adjusts.
- For a satisfying boost of energy, try peanut or almond butter, hummus or low-fat yogurt.
- Be your own barista. Opt for less-sweet homemade versions of coffee drinks, hot cider and cocoa. (You will save money, too!)
- Throw an apple, orange or banana in your bag for those times when hunger takes you by surprise. It will fill you up and help keep you from overeating later.
- Drink in moderation. Alternate cocktails and other adult beverages with water to cut down on the calories and added sugars.
- For a lighter appetizer or game day snack, serve crisp, colorful, cut-up vegetables for dipping into hummus or guacamole.

Grazing for food around the kitchen is a common event during the holidays. By making sure you have healthy alternatives for snacks and drinks you can enjoy family holiday without overdoing it. For more ideas on health snacks and drinks, contact me at the Geary County Extension Office at 785-238-4161. Until next time, keep living resourcefully!

### **Apple Wraps**

*Serving Size*

Serves 4, 1/2 wrap per serving

## **Ingredients**

- 1 large apple
- 2 medium, ripe bananas
- 2 tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

## **Materials**

- ✓ Cutting board
- ✓ Measuring spoons
- ✓ Medium bowl
- ✓ Sharp knife

## **Instructions:**

1. Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
2. Lay apple halves flat side down. Cut into ¼-inch thick slices. Cut slices into small cubes.
3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
4. Add peanut butter to mashed banana. Stir well to blend.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half. Serve or wrap in plastic wrap and chilled in the refrigerator to serve later.
7. Chill in refrigerator until ready to serve, up to 24 hours.

*Recipe Source: <http://cookingmatters.org>*

Tip: You can substitute creamy peanut butter with crunchy peanut butter to add variety.

<b>Nutrition Facts</b>	
Serving Size 1/2 wrap	
Servings Per Recipe 4	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>8%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>9%</b>
<b>Total Carbohydrate 34g</b>	<b>12%</b>
Dietary Fiber 3g	11%
Sugars 14g	
<b>Protein 5g</b>	
Vitamin A 140%	Vitamin C 15%
Calcium 0%	Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Apple Wraps  
Nutrition Label

## **Infused Water Recipes**

Safety First: Wash your hands, containers, fruit, and preparation surfaces before you begin.

Apple: Leaving the peel on, slice 2 apples for every gallon of water. Add 2 sticks of cinnamon for each gallon. Chill overnight in the refrigerator. You can substitute apple with 2 pears for a tasty alternative.

Blueberry/Orange: In a gallon pitcher, squeeze 30 – 45 blueberries. Place the remains of each berry in the pitcher. Leaving the peel on, cut 3 oranges into quarter size. Squeeze each orange quarter into the pitcher and place the fruit in the pitcher. Tear 9 fresh basil leaves in half, then add to the fruit in the pitcher. Add tap water to fill the gallon container. Allow the fruit and water to steep at room temperature for 30 minutes before serving or chill in the refrigerator overnight for maximum flavor.

*Recipes Source: West Virginia University Cooperative Extension at: [www.ext.wvu.edu](http://www.ext.wvu.edu)*