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be a  super snacker!

The Texas A&M  
University System



**Texas  
Agricultural  
Extension  
Service**

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## Be A Super Snacker!

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Meals on the run, mid-morning breaks, after-school snacks, TV munching and bedtime snacks. Frequent small meals are replacing the traditional three, and consumer surveys confirm Texans are eating more food between meals. Snacking has become part of our lifestyle.

Sound familiar? Don't fight it! Follow this trend, but eat nutritious snacks. Kick the bad snack habit and be a super snacker!

Snacks are an important source for your daily nutrient and calorie intake. Although habit influences food selection more than health, eating healthy snacks can be a choice, not a chance.

*Super snacks* are delicious, a snap to fix and super for you — whether you're on a restricted diet, or trying to lose weight; whether you're at home or on the go; whether you're single or feeding a family. Treat yourself to *super snacks*.

## Choosing Super Snacks

*Super snacking* doesn't require special foods. Just realize that you are going to eat between meals, and have nutritious *super snack* foods available.

Snacks that are high in nutrients but low in cost are the best values. Good snack foods include:

### *Meats and Other Protein Foods —*

*For body building and repair.*

peanut butter\*

canned fish\*; salmon, sardines,  
shrimp, tuna

nuts or sunflower seeds\*

hard cooked eggs; plain or  
deviled

sandwiches with meat, meat spread or cheese

jerky\*

pizza

tacos

hamburgers

kabobs

hot dogs

### *Fruits and Vegetables —*

*Packed with fiber and vitamins A and C.*

apples, pears, grapes, oranges, tangerines, bananas, melons

carrots, celery, tomatoes, green peppers, cauliflower

dried fruit\*: try apricots and raisins

canned fruit and vegetable juices\*

dehydrated soups\*

### *Breads and cereals —*

*Eat whole-grain or enriched for B-vitamins, iron and some protein.*  
nutri-cookies; oatmeal, peanut butter and granola  
cereal snack mix\*: combine your favorite cereals, pretzels and nuts;  
season and toast in oven  
crackers\* and popcorn

### *Milk and Cheese —*

*Chock full of calcium, protein and riboflavin.*  
yogurt; plain or fruit flavored  
milk; whole or skim  
nonfat dry milk\*: use as a base for blended fruit drinks  
cottage cheese: add fruit or season for a lo-cal dip  
cheddar cheese; wedges, slices or spreads  
unopened pasteurized cheese spreads\*

\*These foods can be left at room temperature without insulation. They are easy to pack and carry and are great for storing in a desk or file drawer.

## **Snacks on the Go**

With the fast pace of life today, you don't always have time to prepare the food for your snacks. For this reason, you often may choose snacks because of convenience, not nutrition. *Super snacks* may be prepared in advance, when you do have the time, and carried along with you or your family. Many times, bringing these snacks with you will save you money, too.

### **Frozen Sandwiches and Fillings**

A package of two frozen sandwiches will thaw at room temperature in 3 to 3½ hours — just in time for a quick lunch on the go.

Sandwiches prepared ahead of time in assembly-line fashion and frozen will keep at least 2 weeks. Sandwich fillings which freeze well are:

- |                       |                    |
|-----------------------|--------------------|
| cheddar cheese or     | cooked egg yolk    |
| cream cheese          | peanut butter      |
| sliced or ground meat | nut pastes         |
| fish                  | olives and pickles |

To prepare sandwiches for freezing, spread the inside of each piece of bread from edge to edge with softened butter or margarine. This keeps the bread from absorbing moisture. Wrap sandwiches as they will be used — one or two per package — in moisture/vapor-proof material. Label with the kind of filling and date and then freeze immediately.

Thaw the sandwiches in their original sealed wrappings.

### **Peanut Butter Breakfast Cookies**

- |                                   |                              |
|-----------------------------------|------------------------------|
| 3/4 cup butter or margarine       | 2 eggs                       |
| 2/3 cup peanut butter             | 1 1/4 cups all-purpose flour |
| 2/3 cup firmly packed brown sugar | 1 teaspoon soda              |
|                                   | 1/4 teaspoon salt            |
|                                   | 3 cups flake cereal          |

Beat together butter, peanut butter and sugar until light and fluffy. Blend in eggs. Add combined flour, soda and salt; mix well. Stir in cereal. Drop by heaping tablespoonfuls onto ungreased cookie sheet. Bake at 350 degrees for 10 to 12 minutes or until light golden brown. Makes about 3 dozen cookies.

### **Mixed Bag**

- |  |                             |
|--|-----------------------------|
| 1/2 cup dry cereal (oat circles, wheat squares or small shredded wheat biscuits) | 1/2 cup peanuts or soy nuts |
|  | 1 handful pretzel sticks    |
|  | 1/2 cup raisins             |

Mix ingredients in a bowl and divide into a few small plastic bags.

## **Slimming with Super Snacks**

Snacks can be a problem if they cause us to eat more calories than our bodies can burn. Excess calories are stored in the body as fat, leading to obesity.

Weight watchers should consider calorie-conscious snacks like fresh fruits and vegetables, lowfat milks and cheese, breads without added fats and sugars, and lean meats.

### **Calcium Super Sources**

Milk, cheese and yogurt are super sources of calcium. In fact, you should eat some milk group foods daily. Greens, such as broccoli and turnips, are also sources of calcium and make excellent snack foods when served raw, alone or with dips.

### **Iron-Clad Super Snacks**

Peaches, apricots, prunes and raisins are good sources of iron, and they make convenient snacks.

### **Choose Snacks by Calorie Count**

Teens and adults who are watching their weight should select snacks that are lower in calories, like fresh fruits and vegetables. Active children who are growing rapidly may need high calorie snacks, like peanut butter sandwiches or oatmeal cookies, to supply their needs for growth and energy.

## **Fruits and Vegetables**

## **Calories**

green pepper strips, ½ cup	11
cucumber slices, ½ cup	10
carrot, 1	20
celery, stalks 2	10
tomato, 1	30
apple, 1 medium	90
banana, 1 medium	105
grapes, green seedless, ½ cup	70
pear, 1 medium	110
raisins, 1 tablespoon	30

## **Beverages**

orange juice, 1 cup	110
whole milk, 1 cup	165
buttermilk, 1 cup	90
soft drink, 12 oz.	140
chocolate malted milk, 12 oz.	500
ice cream soda-chocolate	255

## **Sandwiches**

hot dog on bun	270
hamburger on bun	355
peanut butter on white bread	300

## **Candy, Cake, Cookies**

doughnut, raised	120
cupcake, iced, 2¾"	180
brownie, 2" square	150
assorted cookies, 3" diam.	120

## **Skinny Munchies**

raw cauliflower, ½ cup	14
peach, 1 medium	40
orange, 1 medium	70
tomato juice, 1 cup	50
skim milk, 1 cup	85
graham crackers, 2	55
cornflakes, ¾ cup	72
vanilla wafer, 2" diam.	15

## **Other Goodies**

yogurt, 1 cup plain	120
yogurt, 1 cup fruit flavored	250
french fries, 10	117
peanuts, 1 tablespoon, ½ oz.	90
cheese, cheddar, 1 oz.	110
crackers, 4 saltines	70
ice cream, vanilla, ½ cup	140
pizza, 5" wedge	180
popcorn, added oil, 1 cup	60
potato chips, 10 medium	110
pretzels, 5 sticks	20

### Popcorn Treat

- 5 quarts popped corn
- 1/4 cup soft lo-cal margarine
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried thyme, crushed
- 1/4 teaspoon onion salt
- 1/4 teaspoon garlic powder

Keep popped corn warm. Cream together margarine, cheese and seasoning. Pour off any water that is worked out of margarine. Toss cheese mixture with popped corn. About 75 calories per cup. Makes 5 quarts.

### Onion Dip

- 1/4 cup buttermilk
- 2 cups creamed cottage cheese (small curd)
- 1 (1 1/2-ounce) package dry onion soup mix

Place milk and cheese in blender. Blend on high speed until smooth and creamy, about 4 minutes. Stir in onion soup mix. Cover; refrigerate at least 1 hour.

### Lo-Cal Yogurt Dip

- 1 cup plain yogurt
- 3 tablespoons mayonnaise
- 2 teaspoons curry powder
- Salt to taste

Combine and blend all ingredients. Use as a dip for vegetables.

### Hot Spiced Tomato Juice

- 5 cups tomato juice
- 1 tablespoon lemon juice
- 2 beef bouillon cubes
- 1/2 teaspoon Worcestershire sauce

Heat tomato juice. Add bouillon cubes and stir until dissolved. Remove from heat. Stir in lemon juice and Worcestershire sauce. Serve hot in cups or mugs. Garnish with lemon or lime slice in each cup. Serves 6 to 8.

### Fruit Kabobs

String fresh, canned, and/or dried fruits on skewers, toothpicks or pretzel sticks and serve as a snack. Choose at least two kinds of fruits presenting a pleasing contrast in color and flavor. Select fruits that aren't soft and messy. Cut large fruit into bite-size chunks. Dip the cut surfaces of light-colored fresh fruits in pineapple or citrus juice to prevent darkening. Suggested fruits are: unpeeled apple or orange wedges, halves of fresh apricots or small plums, dried apricots, figs or prunes, banana, canned peaches or pineapple chunks, cherries, dates, grapes, melon cubes, kumquats, large seeded raisins, or whole strawberries.

## Raw Vegetables

Excellent as snacks by themselves or used as dippers with low calorie dips.

Asparagus spears	Green beans
Broccoli florets	Green onions
Carrot sticks or curls	Green pepper strips
Cauliflower florets	Radish roses
Celery sticks	Rutabaga wedges
Cherry tomatoes	Turnip wedges
Cucumber slices	Zucchini slices

## Fresh Fruit Tray

For summertime, use melon wedges, balls or cubes combined attractively on tray with blueberries, strawberries and peaches. For winter, serve whole pears, apples, oranges and grapes in a bowl; or cut wedges of oranges, pears and apples and arrange with clusters of grapes.

## Mighty Snacks for Mini-Snackers

Small children actually need to eat between meals, because they cannot eat enough at mealtime. A preschooler will probably do better with five or six "mini meals" than three big meals. A nutritious snack for children supplies some protein, vitamins and minerals and is low in fat and sugar.

By providing super snacks for children, you help them develop good nutrition habits. Make super snacks fun as you and your child prepare the snacks together.

Children love to help and will learn where food comes from and basic cooking skills. They are more likely to eat food they helped prepare. Measuring ingredients, mixing batter and pouring liquids will increase motor skills.

Follow these tips when you prepare super snacks for your preschooler.

### Milk Group Foods

- Use small glasses.
- Add new flavors to milk, such as chocolate or fruit.
- Serve foods containing milk.
- Cut cheese in cubes for finger foods.

### Meat Group Foods

- Cut meat into bite-size portions with skin and bones removed.

- Keep flavorings and seasonings mild; children prefer bland foods.

### **Fruit and Vegetable Group Foods**

- Serve finger foods such as raw carrot strips, pepper rings or turnip strips to an older preschooler.
- Serve fruits, fruit juices and vegetables as snacks.

### **Bread and Cereal Group Foods**

- Chop fresh fruits and serve on cereals.
- Cut toast in interesting shapes.
- Make small sandwiches of meat spread, peanut butter or soft cheese as finger foods.

Here are some *super snack* ideas for preschoolers:

*Applewiches:* Spread apple slices with peanut butter.

*Quick cookies:* Spread graham crackers with peanut butter.

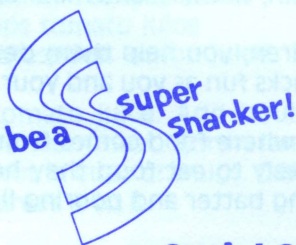
*Cheese lollipops:* Put a pretzel or carrot stick into a cube of cheese.

*Toddler feed:* A handful of raisins or bite-sized cereal.

*Frozen pops:* Pour unsweetened juices into molds and freeze.

*Yogurt sticks:* Mix 1 quart of plain yogurt with 1, 12-ounce can of frozen, unsweetened orange juice (thawed). Whip together to mix thoroughly. Add a few drops of vanilla extract if desired. Pour into plastic cups; insert sticks and freeze.

*Banana ices:* Cut peeled banana into three pieces; insert stick into end of each piece. Wrap each piece in wax paper and freeze.



## **Social Super Snacking**

What shows up at a party, in addition to today's Texans? Snacks, of course, and party snacks can be super and nutritious too. Here are some easy, nutritious snacks to bring to your next party.

### **Quick Party Super Snacks**

*Dill pickle rings:* Frost one dill pickle with cream cheese and wrap thinly sliced ham or corned beef to cover. Slice in rings.

*Fruit salad:* Use apple chunks, orange sections, grapefruit sections, peaches, banana slices, pineapple chunks and toss with



orange juice. Any combination of fruit may be used.

*Celery pinwheels:* Generously fill the center of a large celery stalk with peanut butter. Press a second stalk of celery onto this. Chill. Slice crosswise with very sharp knife to make pinwheels.

*Minted pineapple party drink:* Add green food coloring and mint flavor to apple juice. Serve cold and with a spring of mint.

*Fruit shake:* Mix in a blender: 1 cup of milk, 6 ice cubes, equivalent of 2 teaspoons artificial sweetener, 1 teaspoon vanilla extract and 1 whole fruit (banana, orange, pineapple, peach).

*Stuffed celery sticks:* Stuff celery sticks with pimento or other type of cheese, sugarless peanut butter, cream cheese and pecans or cream cheese and olives.

*Cheese sticks:* Mix ½ pound finely grated, sharp, cheddar cheese with ¼ pound softened butter or margarine. Spread on finger lengths of bread, crusts removed if desired. Sprinkle with paprika. Set in refrigerator until ready to use. Can be wrapped in foil and frozen. To serve, bake at 375 degrees F. for 10 to 12 minutes.

*Fun kabobs:* On a skewer, place small ham or luncheon meat chunks, olives, cheese chunks and fruit chunks.

*Fruit sandwiches:* Make a sandwich with sliced apples and cheddar cheese or sliced pears with Swiss cheese.

## Fruit Pizza

1 cup sugar	¾ cup water
4 tablespoons cornstarch	1 cup orange juice
Dash salt	¼ cup fresh lemon juice

Stir all ingredients together well and bring to a boil over medium heat and cook until thick. Chill while preparing the rest of the recipe.

### Cheese Mix

1 8-ounce package cream cheese, softened	1 teaspoon vanilla
	½ cup sugar

Cream together until very smooth.

### Base

1 package prepared sugar cookie dough, cut into 1/8 inch slices

Lay sliced cookie dough on a greased 12-inch pizza pan with sides just touching and bake as you would for cookies. When completely cooled, spread the cheese mixture over the base.

### *Fruit Topping*

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1 cup frozen strawberries,<br>sliced | 1/8-1/4 cup frozen<br>blueberries |
| 1 cup frozen peaches,<br>sliced      | 1 cup canned pineapple<br>chunks  |
| 1 cup fresh banana slices            |                                   |

Place all of the fruit over the cheese mixture. Then, pour the cooled orange-lemon sauce over the fruit, sealing to the edges, as this will keep the bananas from turning dark. Yield: 12 dessert-size servings.

### **Marinated Vegetables**

- |   |   |
|---|---|
| 1/3 cup salad oil                               | 1/3 cup cider vinegar   |
| 2 tablespoons green pepper,<br>finely chopped   | 1 tablespoon parsley,<br>chopped  |
| 1 teaspoon salt                                 | 1/4 teaspoon paprika  |
| 1/8 teaspoon pepper                             | 3 cups (1 small head) cauli-<br>flower, broken into florets,<br>cooked tender-crisp |
| 15-ounce can garbanzo<br>beans, heated, drained | 1 cup carrots, cut in thin<br>strips  |
| 2 cups cucumber, unpared,<br>sliced             |   |

Place oil, vinegar, green pepper, parsley, salt and spices in a large bowl. Mix well. Add vegetables. Mix gently. Cover. Marinate for several hours or overnight in the refrigerator. Mix occasionally. For optimum eating quality, use within a few days. Makes 7 cups. About 75 calories per 1/2 cup.

### **Five Layer Dip**

- |                                 |  |
|---------------------------------|--|
| 1 16-ounce can refried<br>beans | 3 avocados, mashed                     |
| 1 3 1/2-ounce can bean dip      | 1/4 teaspoon pepper                    |
| 1/2 teaspoon garlic salt        | 1 tablespoon lemon juice               |
| 1 teaspoon chili powder         | 1 cup cheddar cheese,<br>grated        |
| 1 tablespoon minced<br>onion    | 1 cup Monterrey Jack<br>cheese, grated |
| 8 ounces cream cheese           | 1 4-ounce can black olives,<br>chopped |
| 3 tablespoons picante<br>sauce  | 1 tomato, diced                        |

To make first layer combine refried beans, bean dip, 1/4 teaspoon garlic salt, chili powder and minced onion; mix well. To make second layer combine cream cheese and picante sauce. To make third layer mix avocados, teaspoon garlic salt, pepper and lemon juice. To make fourth layer mix cheddar cheese and Monterrey Jack cheese. To make the final layer mix black olives and the tomato. Layer the ingredients in the above order, using an oblong glass dish approximately

x12-inches. Chill and serve with chips or snack crackers. Yield: approximately 10 to 12 servings.

### **Fiesta Meat Dip**

- |                         |                        |
|-------------------------|------------------------|
| 1 pound hamburger       | 1 10-ounce can Rotel®  |
| 1 pound pork sausage    | tomatoes               |
| 1 pound American cheese | ½ teaspoon garlic salt |

Brown and drain hamburger and sausage. Cube cheese and melt in double broiler (over low heat). Add tomatoes to melted cheese. Combine meats with cheese mixture. Season. Serve hot with vegetable dippers or whole wheat crackers.

### **Spinach Dip**

- |  |  |
|--|--|
| 1 10-ounce package frozen spinach, chopped   | 1/8 teaspoon nutmeg                                |
| 1 8-ounce package cream cheese, cut in cubes | 6 slices bacon, crisp cooked, drained and crumbled |
| 3 tablespoons milk                           | 1 tablespoon lemon juice                           |
| 2 tablespoons butter                         | Crackers or vegetable dippers                      |

Cook bacon, drain, crumble, and set aside. Cook spinach according to package directions; drain well. In a saucepan over low heat, cook and stir together the cheese, milk, butter and nutmeg until the cheese has melted. Add the spinach, half the bacon, and the tablespoon of lemon juice. Pour the mixture into a serving dish; top with the remaining bacon. Serve with crackers or an assortment of crisp vegetables as dippers. Serve with crackers or an assortment of crisp vegetables as dippers. Yield: 2 cups.

### **Festive Jalapeno Log**

- |   |  |
|---|--|
| 1 pound processed American cheese, softened | 2 to 4 tablespoons jalapeno pepper sauce |
| 8 ounces cream cheese, softened             | ½ cup pecans, finely chopped             |
| 1 envelope onion soup mix                   |  |

Between 2 large pieces of waxed paper, roll the softened processed cheese to 1/8-inch thickness. With a spatula, spread cream cheese across top of cheese. Mix onion soup, jalapeno sauce and pecans. Spread this mixture over cream cheese. Roll the cheese into a log and in crushed pecans if desired. Refrigerate until firm. Serve with round crackers. Makes 6 to 8 servings.

This booklet supplements the adult phase of the "Be A Super Snacker!" program, developed by the home economics staff of the Texas Agricultural Extension Service to promote nutritious snacking.

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