

SNACKS FOR DANCERS

Jan P. Hangen MS, RD, LDN

Division of Sports Medicine, Children's Hospital, Boston

I. VEGGIES AND DIPS

Pack in the Produce with Raw Veggies: A simple idea is to make vegetable sticks or chunks using asparagus, cabbage, celery, carrots, peeled jicama, sweet bell peppers, cucumbers, cauliflower, broccoli, zucchini, mushrooms, pea pods, sugar snap peas and green beans. Serve with a low-fat dip.

Here are some quick dip ideas for your vegetables. Just mix the ingredients and serve.

Yogurt Dips: use low-fat or non-fat plain yogurt with any of the following additions, (low-fat plain Greek style yogurt works best because it has a thicker consistency):

Chopped onions or chopped parsley with a squeeze of lemon juice

Chopped chives or finely diced celery and carrots with a sprinkling of dried dill or sun-dried tomatoes in oil (drained and chopped)

Marinated artichoke hearts (drained and finely chopped)

Chopped black or green olives

Salsa Dip: use your favorite variety alone or mixed with either some non-fat or low-fat yogurt or sour cream and serve with whole grain tortillas, or crudité's.

Steamed Veggies: Steam non-starchy vegetables, (e.g. green beans, broccoli, asparagus, cauliflower, spinach), in a microwave safe bag and sprinkle with 1 tablespoon of parmesan cheese or 1/4 cup pasta sauce for a flavorful snack. For starchy vegetables such as corn, peas, beans, soybeans (edamame), potatoes, snack on a 1/2 cup serving.

II. FRUIT

Fresh fruit: This is an obvious choice for a healthy snack! Placing bowls of fresh fruit out where they are visible and easy to grab and eat is a simple idea. Choose fruit like apples, bananas, grapes, plums, nectarines and peaches. Just be sure to check on them often for spoilage.

You can also prepare ripe fruit by cutting into bite-sized pieces and placing in individual containers in the refrigerator so they are always ready for snacking. Or, you can peel and section oranges and grapefruit and place in individual containers so they can just be popped in your mouth anytime.

Frozen Fruit Snacks: Freeze sliced bananas, strawberries, berries, or grapes; enjoy 1/2 cup serving for a refreshing snack. Frozen fruits are a great treat, especially on really hot days in the summer months. They are like bite-sized popsicles!

Fruit and Cheese Snacks: Enjoy your fruit with a single serving of light cheese (examples: Laughing Cow cheese wedge, cheese stick or a 1-ounce block of Cabot reduced fat cheddar cheese).

Yogurt with Mix-ins: Choose a low-fat yogurt and add one *mix-in* such as: 1 tablespoon chopped nuts, 1/2 cup high fiber cereal, or 1/2 cup frozen berries.

III. Nutty snacks

30 almonds, 40 pistachios or 1/4 cup of any whole nut

Sliced apple with 1 tablespoon peanut butter

Celery with 1 tablespoon of natural nut butter (peanut, almond, walnut, cashew butter are all very tasty!)

1/2 Whole wheat pita, or 1/2 Arnold's sandwich round with 1 level tablespoon peanut butter (or 2 tablespoons hummus)

7 Kashi TLC crackers or 2 Wasa crackers with 1 tablespoon nut butter (or 2 tablespoons hummus)

III. SNACK BARS

Snack Bars:

Cliff Bars: Flavors include Maple Nut, Black Cherry Almond, Blueberry Crisp, Carrot Cake, Chocolate Brownie, Chocolate Chip, Cool Mint Chocolate, Crunch Peanut Butter and more.

Lara: Flavors include Coconut Cream Pie, Peanut Butter Cookie, Cinnamon Roll, Banana Bread, Apple Pie, Ginger Snap, Cherry Pie, Chocolate Coconut and more.

Luna: Flavors include White Chocolate Macadamia, Chocolate Raspberry, Berry Almond, Caramel Nut Brownie, Peanut Butter Cookie, Iced Oatmeal Raisin Cookies N Crème Delight, Dulce de Leche and more.

Kashi TLC: Flavors include Pumpkin Spice Flax, Fudge Sundae Roll, Chocolate Almond Toffee, Oatmeal Raisin Cookie, Malted Chocolate Crisp, Oatmeal Walnut Roll, Dark Mocha Almond, Chocolate Peanut Roll, Honey Toasted 7 Grain and more.

IV. OTHER GREAT SNACK IDEAS

Shelf-stable box of milk, soy milk or rice milk: plain or with 1 tablespoon *Ovaltine*

1 string cheese or any single serving (1-ounce) reduced fat cheese such as Laughing Cow Light Cheese Wedges or Jarlsberg light slices

100-calorie pack of choice (avoid those with hydrogenated oils, i.e. trans fats, and high fructose corn syrup)

3 cups air-popped popcorn

1 serving of soy crisps (any flavor)

8 ounce low-fat cafe latte or cappuccino (that's a "tall" order from Starbucks)

1 single serve container or 1/2 low-fat cottage cheese (mixed with optional cinnamon)

One hard boiled egg (or 3 boiled egg whites). You can boil a batch of eggs and store them shell-on for a week in your refrigerator for a quick grab and go snack.

1/2 cup natural, unsweetened applesauce

6-ounce container low fat plain/flavored yogurt, any brand 150 calories or less. Try low-fat Greek yogurt for an added protein boost (example: Fage, Chobani, Oikos brands).

Spread 1 tablespoon part-skim ricotta cheese on 2 whole-grain crackers (35-40 calories each such as Kavli or Wasa crisps), top with 2 fresh figs (quartered) or 2 tablespoons raisins and drizzle with 1 teaspoon honey.

Snack bar (210 calories or less) such as Gnu Foods, Kellogg's All-Bran, Kashi TLC Trail Mix, or Fiber one bar

1 ounce baked chips (7-10 chips) with 1/4 cup salsa

1 ounce piece dark chocolate

Biscotti, preferably whole grain (look in the health section of your grocery store), 150 calories or less

Here's to your health and great snack habits!