

Snack Attack

Newsletter from Cornell Health and Nutrition

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In the Garden

I was despairing that nothing I planted in April had survived the immediate snow and then very little rain, but as luck would have it the mustard greens and peas hung on and sprouted. I'm hoping the peas actually get to bear fruit before the heat of June really arrives.

Last month I planted the summer vegetables and herbs: tomatoes (10 plants of 5 different heirloom varieties), 6 peppers, string beans, carrots, parsley, sage, and cilantro.

And then I read [Animal, Vegetable, Miracle](#) by Barbara Kingsolver with Steven Hopp and Camille Kingsolver. It's about their experiment eating locally for a year, and it's an interesting explanation

Healthy Snacking is Possible

There's no denying that everyone, at one time or another, has had a snack attack. Views on snacking differ. Some of us feel that snacking is bad and that eating between meals leads to weight gain. Others believe that eating many small meals and snacks throughout the day is healthy for maintaining energy levels and optimal weight. If there were one way of snacking that was right for everyone, we would all be doing it!

To alleviate snack attack guilt, try to understand why you are snacking and what snacks work best for your body. Perhaps you snack because your daily diet is missing nutrition, or because you are eating too little at meals. You might be snacking to soothe jangled nerves when you are emotional, or to entertain yourself when you are bored. Whatever your reason, acknowledge it and start thinking about how to create a life that is nourishing and truly satisfying.

Although snacks are no substitute for loving your life, they can be great energy boosters, mood lifters and a healthy and fun way to keep your body fully nourished, as long as you use a little common sense. So many convenient snack foods are highly processed and full of chemicals, additives, damaging fats and refined sugars. When a snack attack hits you, try foods that are filling and satisfying, but also nutritious. ***Snack on things that don't come in a plastic wrapper or a box***, like fresh fruit, leftover vegetables or rice cakes with almond butter and fruit spread. Make your own signature trail mix, organic hot chocolate made with almond milk sweetened with agave nectar, or blue corn chips with hummus.

You can also try "upgrading." If you are craving something crunchy, upgrade from potato chips to raw carrots, apples or whole grain crackers; if you are craving a candy bar, upgrade to a handful of nuts and dried fruit; instead of a cup of coffee, upgrade to green tea; instead of ice cream, upgrade to applesauce with cinnamon. Upgraded snacks are high in nutrition and give you a greater sense of satiety and satisfaction; you won't feel physically or psychologically deprived, and you'll have plenty of energy to sustain your activities for hours.

Snacking is enjoyable and there are a wide variety of healthful goodies for whatever you're craving, be it sweet, crunchy, salty, creamy or spicy. Dive in, be creative and enjoy your snack attack.

Food Focus: Fruit

A healthy lifestyle is the key to longevity, optimum weight, abundant energy and balance. By using fruit to satisfy our taste for sweetness, we can leave behind the use of chemical, processed and refined sweeteners. Fruits are easy to digest, are cleansing and cooling and are great for those

of the challenges and excitement their family experienced. It's a good thing I didn't read it until after I had planted my summer vegetables or I would have tried to cram even more things into my garden!

The book is a great explanation of the ecological and health issues that arise when we eat food out of season that is trucked or shipped very long distances. Bottom line: find the nearest farmer's market and buy all you can, if you can't grow your own. See the links below to my web site that will allow you to order the book from Amazon (do it that way and they'll send me a very small commission), and a list of farmers' markets in Chicago. If you don't live in Chicago, your local paper or Chamber of Commerce has a list of the farmers' markets across your city.

Until next month ... when I should have finished harvesting the strawberries and peas.

Natalie

who are overstressed and overheated from excessive mental strain or hot climates. Fruits are filled with fiber and liver stimulants, which act as natural, gentle laxatives. Whenever possible, buy fresh, locally grown fruit as opposed to imported fruits shipped from far-off places. This keeps you eating in season, and more in harmony with your environment and climate.

Eating raw fruit in summer months is highly cooling, while baking it in the winter months neutralizes the cooling effect. Fruit in the form of juice is a great choice for cleansing the body, but be aware that juice rapidly raises blood sugar levels, leading to an energy crash soon after. Frozen, whole, pureed or juiced fruit can make great summertime cool-down treats. Try frozen grapes, banana-coconut smoothie popsicles or lime juice ice-cubes in iced tea!

Whether you are having fresh fruit for a light early morning breakfast, a midday snack or evening treat, enjoy nature's sweetness and whenever possible buy organic. Here are a few summer fruits and their health benefits:

Apricots: Great for lung conditions and asthma; used to help treat anemia due to their high copper and cobalt content.

Bananas: Help to lubricate the intestines, treat ulcers, detoxify the body, and manage sugar cravings; are rich in potassium (which helps hypertension).

Cherries: Slightly warming in nature; increase overall body energy, remedy arthritis and rheumatism, and are rich in iron, which improves the blood.

Grapefruit: Treat poor digestion, increase appetite during pregnancy, alleviate intestinal gas and reduce mucus conditions of the lungs.

Papayas: Tone the stomach, act as digestive aid, moisten the lungs and alleviate coughing; contain carpaine, an anti-tumor compound.

Raspberries: Benefit the liver and kidneys, cleanse blood of toxins, regulate menstrual cycles, treat anemia and can promote labor at childbirth.

Recipe of the Month: Fruit Nut Smoothie

Prep time: 5 minutes

Yield: 2 servings

Ingredients

1 banana
1 cup soy or rice milk
1 cup berries
1 cup diced melon
1/2 cup almonds
2-4 ice cubes

Directions: Mix in blender for 1-2 minutes and serve.

Note: You can add other ingredients for added nutrition such as a spoon full of bee pollen, coconut oil, flax seeds, spirulina powder or a scoop of protein powder.

Become a Client

Quick Links

[Recommended Book](#)

[Chicago Farmers' Markets](#)

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There are many ways to become a client:

- Individual coaching programs to help you meet weight loss or healthy living goals
- Corporate programs to reduce absenteeism, increase productivity, and teach employees about healthy eating on the go and stress reduction
- Group cooking classes to learn how to put healthy meals on the table in fewer than 30 minutes - if you have a group of four to ten friends we can do a single or series of cooking lessons based on the skills of the group
- Eating for Peak Performance - Programs for athletes of all ages from middle school to adulthood learn to fuel your body correctly
- Group coaching programs if an individual program is too much of an investment (the most successful groups are those made up of people who know and trust on another before they start a program)

The prices for the programs vary, but all prices are going up July 1st. Call now to get started!

Forward to a Friend

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

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