

Heart-Healthy Snacks



Say “Yes” to an Old “No-No”

If you’re like a lot of people, you grew up thinking that snacking was a “no-no.” Well, grab a snack and let go of the guilt. It’s OK to have heart-healthy snacks! Nutritious nibbles are especially important for growing youngsters and active teens, as well as pregnant and nursing mothers.

Healthier snacking is why we’ve created this booklet to help you make better choices when you decide to munch between meals.

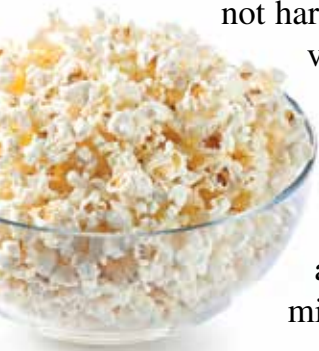


Healthy Snacking

The key is choosing foods that don't just taste good but are good for you. They're not hard to find. Choose fruits,

vegetables, low-fat yogurt and whole-grain foods.

These types of snacks provide nutrients that your body needs, such as protein, vitamins, minerals and fiber.



Avoid “Empty” Calories

Snacks like regular soft drinks, salty chips, candy and baked goods have a lot of calories.

They usually also have added sugars, high levels of sodium, or saturated and *trans* fats.

But they often lack the essential nutrients that are good for the body, making the calories “empty.” So eat them only occasionally.

Many popular snacks are fried. That means they have added saturated fat and calories.

So limit how often you choose these foods.

And remember to look for the serving size of any packaged snack. You'll find this information on the “Nutrition Facts” label.

Remember to adjust the number of calories and nutrients if you eat more than one serving.

Calorie-Saving Ideas at Snacktime

Still hungry after a healthy snack? Try one or more of these tips:

- To help curb your appetite, drink a glass of water, a cup of hot tea or a serving of another calorie-free beverage. Sip it slowly. This can help you feel fuller.
- Be more physically active. Walk for 15 to 30 minutes after your snack.
- Do an activity you enjoy after snacktime. For example, work on a crossword puzzle, walk your dog or read a book.



Making Great **Snack Choices**

When you reach for a snack, the type of food may appeal to you more than the food itself. Do you crave something smooth or crunchy, hot or cold? When you know what you want, it's easier to make healthy snack choices. This list can help you select a healthy snack that suits your taste. The symbol (*) means that the recipe is included in this booklet.

Crunchies

- Apples
- Broccoli florets
- Carrot sticks
- Cauliflower florets
- Celery sticks
- Pears
- Radishes
- Red bell pepper strips
- Rice cakes (unsalted)
- Sweet and Crunchy Trail Mix*
- Zucchini slices

Munchies

- Almonds (unsalted)
- Creamy Avocado-Chive Dip*
- Low-fat cheese



- Pick-Up-Sticks Tuna Wraps*
- Popcorn (unsalted with no added butter)
- White Bean and Roasted Red Bell Pepper Hummus*
- Whole-grain bagels

Nibbles

- Edamame
- Sunflower seeds (unsalted)
- Walnuts
- Whole-grain crackers (unsalted)
- Whole-grain cereals, such as toasted oat cereal

Thirst Quenchers

- 100% fruit juices (no sugar added)
- Fruit smoothies
- Low-fat milk
- Low-sodium tomato or mixed vegetable juice

Sweet Stuff

- Canned or frozen fruit (unsweetened)
- Dried fruit (unsweetened)
- Fresh fruit
- Honey-Ginger Fruit Dip*
- Raisins

* Recipe included





Pick-Up-Sticks Tuna Wraps

Serves 4 | 2 wraps per serving

- 1 6-ounce can can low-sodium chunk light tuna in water, drained and flaked
- 2 tablespoons light mayonnaise
- 2 tablespoons fat-free sour cream
- 2 tablespoons sweet pickle relish, undrained
- ½ teaspoon curry powder
- ½ teaspoon celery seeds
- 8 large lettuce leaves, such as romaine, Bibb, or iceberg
- 1 medium red bell pepper, cut into thin strips
- ½ cup matchstick-size carrots (about 1 medium)

1 In a medium bowl, combine the tuna, mayonnaise, sour cream, relish, curry, and celery seeds. Spoon onto each lettuce leaf. Top with the bell pepper and carrots. Roll the lettuce jelly-roll style over the filling or serve open face.

Nutrition Analysis (per serving)

Calories	116
Total Fat	3.5 g
Saturated	0.5 g
<i>Trans</i> Fat	0.0 g
Polyunsaturated	1.5 g
Monounsaturated	1.0 g
Cholesterol	17 mg
Sodium	159 mg
Carbohydrates	9 g
Fiber	2 g
Sugars	5 g
Protein	12 g

Dietary Exchanges: ½ carbohydrate,
2 lean meat

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Creamy Avocado-Chive Dip

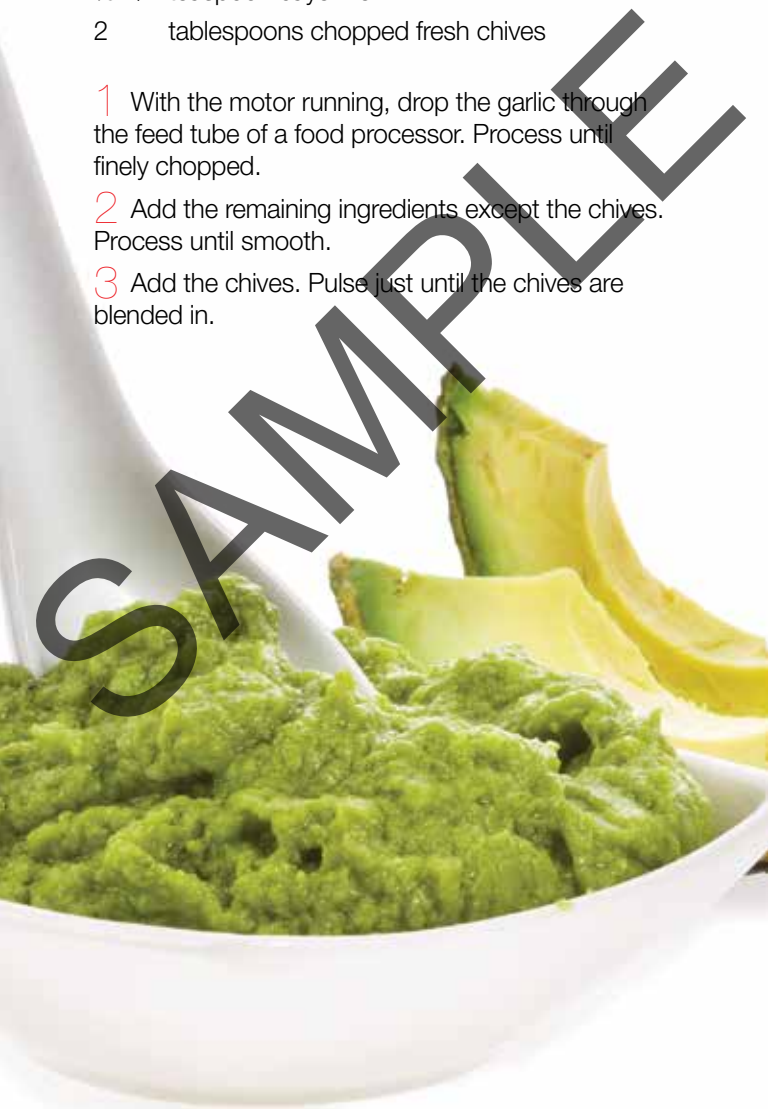
Serves 8 | ¼ cup per serving

- 1 medium garlic clove
- 2 medium avocados, diced
- ½ cup fat-free plain Greek yogurt
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ⅛ – ¼ teaspoon cayenne
- 2 tablespoons chopped fresh chives

1 With the motor running, drop the garlic through the feed tube of a food processor. Process until finely chopped.

2 Add the remaining ingredients except the chives. Process until smooth.

3 Add the chives. Pulse just until the chives are blended in.





Nutrition Analysis (per serving)

Calories	89
Total Fat	7.5 g
Saturated	1.0 g
<i>Trans</i> Fat	0.0 g
Polyunsaturated	1.0 g
Monounsaturated	5.0 g
Cholesterol	0 mg
Sodium	82 mg
Carbohydrates	5 g
Fiber	3 g
Sugars	1 g
Protein	2 g

Dietary Exchanges: 1 vegetable, 1½ fat

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Honey-Ginger Fruit Dip

Serves 12 | 2 tablespoons per serving

- 1 8-ounce can crushed pineapple in its own juice, drained
- ½ cup fat-free sour cream
- ½ cup fat-free vanilla yogurt
- 2 teaspoons honey
- 1 teaspoon grated peeled gingerroot
- ½ teaspoon poppy seeds

1 In a small bowl, stir together all the ingredients.

Serving Suggestion: Scoop the dip with crisp apple or pear slices.

Nutrition Analysis (per serving)

Calories	33
Total Fat	0.0 g
Saturated	0.0 g
<i>Trans</i> Fat	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	0.0 g
Cholesterol	2 mg
Sodium	17 mg
Carbohydrates	7 g
Fiber	0 g
Sugars	6 g
Protein	1 g

Dietary Exchanges: ½ carbohydrate

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White Bean and Roasted Red Bell Pepper Hummus

Serves 4 | 3 tablespoons hummus and ½ cup vegetables per serving

- ½ 15.5-ounce can no-salt-added navy beans, rinsed and drained
- 2 tablespoons chopped roasted red bell peppers, drained if bottled
- 2 tablespoons fat-free sour cream
- 1½ teaspoons cider vinegar
- ½ teaspoon dried oregano, crumbled
- ½ teaspoon bottled minced roasted garlic
- ¼ teaspoon liquid smoke (optional)
- 1½ teaspoons olive oil (extra virgin preferred)

- 2 cups vegetables, such as baby carrots, sugar snap peas, sliced red bell peppers, sliced cucumbers, or a combination

1 In a food processor or blender, process the hummus ingredients except the oil until the desired consistency. Transfer to a small bowl. Stir in the oil. Serve at room temperature with the vegetables or cover and refrigerate for up to two days.



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Nutrition Analysis (per serving)

Calories	84
Total Fat	2.0 g
Saturated	0.5 g
<i>Trans</i> Fat	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	1.0 g
Cholesterol	1 mg
Sodium	24 mg
Carbohydrates	13 g
Fiber	3 g
Sugars	4 g
Protein	4 g

Dietary Exchanges: ½ starch, 1 vegetable

Sweet and Crunchy Trail Mix

Serves 6 | ½ cup per serving

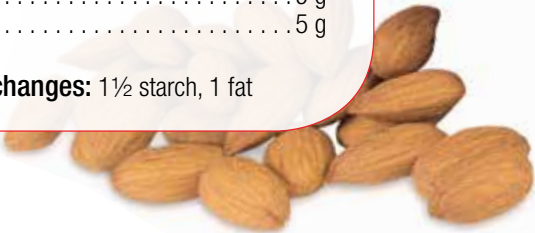
- 2 cups crunchy high-protein cereal
- ¼ cup dried sweetened cranberries
- ½ cup slivered almonds, dry-roasted
- 1–2 teaspoons grated orange zest

1 In a large resealable plastic bag, combine the ingredients. Seal the bag tightly. Shake until well blended.



Nutrition Analysis (per serving)	
Calories	140
Total Fat	5.5 g
Saturated	0.5 g
Trans Fat	0.0 g
Polyunsaturated	1.5 g
Monounsaturated	3.5 g
Cholesterol	0 mg
Sodium	73 mg
Carbohydrates	19 g
Fiber	4 g
Sugars	9 g
Protein	5 g

Dietary Exchanges: 1½ starch, 1 fat



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For **More Information**

We want people to experience more of life's precious moments. It's why we've made better heart and brain health our mission.

*Life is why*TM we have created many educational booklets like this to help you and your family make healthier choices to reduce your risk of heart disease and stroke, manage disease or care for a loved one.

Everyone has a reason to live a longer, healthier life. **What's the "why" in your life?**

Whatever your why, we encourage you to write it down here. Look back at your "why" often, and use it to inspire you as you work to live a longer, healthier life.

_____ is why.

To learn more, call us toll-free at **1-800-AHA-USA1 (1-800-242-8721)** or contact your nearest American Heart Association office. You can also visit our Web site, **heart.org**.

For information on stroke, call **1-888-4-STROKE (1-888-478-7653)** or visit us online at **strokeassociation.org**.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening.

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This may occur with or without chest discomfort.
- **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

F.A.S.T. is an easy way to remember how to recognize a stroke and what to do. Spot a stroke FAST. **F**ace drooping. **A**rm weakness. **S**peech difficulty. **T**ime to call 9-1-1.

Dial 9-1-1 Fast

Heart attack and stroke are life-or-death emergencies—every second counts. If you suspect you or someone you are with has any of the symptoms of heart attack or stroke, **immediately call 9-1-1 or your emergency response number** so an ambulance can be sent. **Don't delay—get help right away!**

For a stroke, also note the time when the first symptom(s) appeared. If given within three hours of the start of symptoms, a clot-busting drug may improve the chances of getting better faster.

Cut along dotted line and keep



For heart- or risk-related information,
call the American Heart Association at
1-800-AHA-USA1 (1-800-242-8721)
or visit us online at heart.org.

For stroke information, call our American Stroke
Association at **1-888-4-STROKE (1-888-478-7653)** or visit
strokeassociation.org. For information on life after stroke,
call and ask for the Stroke Family Support Network.



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