

# NUTRIENT NOTES

From your Cadet Wing Dietitians

**Jason Olig, MS, RD;** jason.olig.2@us.af.mil | **Kendra Maurer, MS, RD;** kendra.maurer@us.af.mil.

*Email us anytime for an individual appointment!*



**C**adet life is demanding! Academics, military training, and physical activity all require a steady supply of nutrition in order to perform your best. Snacking can be a great way to deliver much needed energy to your brain and muscles throughout the day. Smart snacks can help to meet nutrition goals and taste great too. Read on for tips on how to include snacks as part of a healthy eating plan.

## SMART SNACKING TIPS

- Plan Ahead: pack snacks in your backpack the night before classes so you aren't tempted to buy unhealthy foods from the C-Store during the day
- Establish a Snack Routine: Don't wait until you are starving to have a snack. Eat every 2-4 hours to prevent becoming overly hungry and to ensure you have enough energy for daily activities
- Make Time for Snacks: eating a snack doesn't need to take much time. You can eat a banana or drink a carton of low-fat chocolate milk in just a few minutes.
- Be Money-Wise: take advantage of snacks available in Mitchell Hall. Buy in bulk when able.
- Choose Balanced Snacks: consider picking snacks from two different food groups such as fruit and yogurt or peanut butter and crackers for a more balanced snack.



## DISTINGUISH BETWEEN SMART SNACKS VERSUS TREATS

- Smart snacks are nutrient-rich meaning they provide lean protein, whole grains, fiber, vitamins, minerals, and/or healthy fats
- Treats are high in calories but provide few nutrients which can leave you feeling hungry
- Treats include candy, baked goods, chips, and fried foods
- Choosing treats instead of smart snacks can slow muscle recovery and lead to fatigue

## SMART SNACK IDEAS

- |  |  |   |   |
|--|--|---|---|
| • Popcorn (light butter)   | • Fig bar                                  | veggies   | • Individuals packs of cookies, baked chips, and crackers                         |
| • Veggie sticks and hummus   | • Dry cereal (low sugar) with low-fat milk | • Hard boiled eggs                                    | • Graham crackers with low-fat vanilla yogurt or peanut butter                    |
| • Peanut butter on a mini bagel  | • Trail mix                                | • ½-1 sandwich (turkey and cheese, tuna or egg salad) | • Homemade pizza – pita or English muffin with tomato sauce and mozzarella cheese |
| • Granola bar or protein bar (<10 g sugar, >2g fiber)  | • Oatmeal                                  | • Cottage cheese                                      | • Low-fat pudding   |
| • Fruit: Banana / Apple / Orange / Berries / Melons / Peaches, Grapes, Pears – fresh or canned | • Sunflower seeds                          | • Pretzels  | • Dried chickpeas   |
| • Greek yogurt topped with whole grain cereal  | • Jerky                                    | • Edamame   | • Whole-grain muffins   |
| • String cheese  | • Broth-based soup with vegetables         | • Small tortilla with cheese and salsa                | • Dried apricots, raisins   |
| • Crackers and sliced cheese   | • Fruit smoothie                           | • Black bean dip and baked tortilla chips             |   |
|  | • Low-fat milk or low-fat chocolate milk   | • Dark chocolate covered almonds                      |   |
|  | • Omelet with cheese and                   |   |   |