



# Snack.Right.Now.

Ask your Nutrition Educator to introduce you to one of our services below:



**Tasty Topics:** Welcome back, and happy New Year! Many of us have made a New Year's resolution to make healthier choices with our diet and to be more physically active. One great way to cut down on the amount of calories from fat and added sugar in your diet is to make healthy snack choices. Snacks can be part of a healthy diet because they help keep you full in between meals and can provide healthy nutrients. Choosing low-fat foods from MyPyramid can help ensure your snacks are nutrient-rich. Try snacks from each food group:

- Grains: whole grain crackers, air-popped popcorn, pretzels, granola bars, cereal bars
- Vegetables: baby carrots, celery sticks, broccoli, or cucumber with low-fat salad dressing
- Fruit: whole pieces of fresh fruit, such as apples, bananas, oranges, dried fruit, fruit salad
- Milk: low-fat yogurt, low-fat string cheese or cheese slices, sugar-free pudding cups
- Meat and Beans: peanut butter, nuts such as walnuts or almonds, turkey slices

## Nutrition in the News

The Institute of Medicine (IOM) recently released new recommendations for how much calcium and Vitamin D to consume daily. Calcium and Vitamin D play a large role in bone health and the prevention of osteoporosis. The new recommendations are higher for Vitamin D than previous guidelines. The report also stated that most Americans are currently getting enough of both nutrients, with the exception of adolescent girls who might not be getting enough calcium. The report concluded that evidence for the health benefits of Vitamin D, other than bone health, is not strong enough to support its role in any other health condition at this time. For more information, visit:

<http://iom.edu/Reports/2010/Dietary-Reference-Intakes-for-Calcium-and-Vitamin-D/Report-Brief.aspx>

## Monthly Mentions

**Nutrition Tip:** Keep healthy on-the-go snacks, such as granola bars, cereal bars, or trail mix on hand in your home, car or office so you're not tempted to buy snacks that are higher in fat and sugar from vending machines or corner stores.

**Fruit & Vegetable:** For clementine and cabbage recipes visit our website: <http://www.drexel.edu/nutritioneducation/>

**Now in Season:** Cabbage, grapefruit, onions, parsnips, tangerines, turnips, winter squash

**January Health Observations:** Family Fit Lifestyle Month, Fiber Focus Month, Oatmeal Month, Soup Month, Healthy Weight Week

## Nutrition Education in Action



Randall, Alexis, and Kayla help prepare skillet noodles with turkey in Ms. Cooper's Life 101 class at AMY 5 @ James Martin.



Questions or Comments?  
Email: [nutritioncenter@drexel.edu](mailto:nutritioncenter@drexel.edu)  
**EAT.RIGHT.NOW.**  
Nutrition Education Program  
Drexel University

Funded by the PA Department of Public Welfare (DPW) through the PA NUTRITION EDUCATION TRACKS, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556. This institution is an equal opportunity provider and employer.

# Pack Your Snacks & Go!

I spend lots of time on the go! I carry snacks for energy to keep me moving. Planning ahead makes eating healthy easy!



## Snacking with Power Panther™

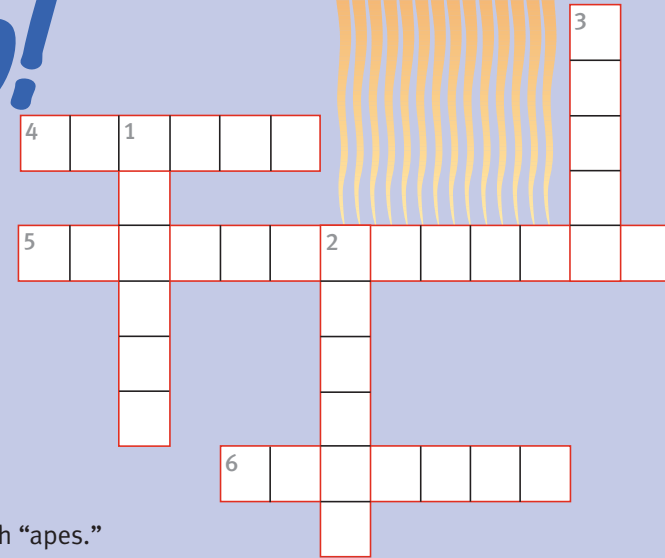
Fill in the missing letters. Use the clues below to find some of Power Panther's™ favorite travel snacks.

### Down:

1. Fruit that grows on a vine and rhymes with "apes."
2. A long, green vegetable that begins with "c" and the end rhymes with "see."
3. Fruit that grows on a tree and is as juicy as can be.

### Across:

4. Food made from milk and begins with "Yog."
5. A type of cookie whose name begins with "gra" and tastes great with milk.
6. These orange vegetables grow underground and when eaten make a crunchy sound.



## Tip:

Pack carrots, nuts, or dried fruits for a snack at school or play.



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## Snack Mix



You need energy to keep you moving. Try this recipe to help you get the energy you need to MOVE!

You need:  
1 cup mini pretzels;  
1 cup raisins;  
1 cup of nuts (your choice);  
1/2 cup sunflower seeds.



Mix ingredients together.

Store in airtight container.



Makes twelve 1/4-cup servings. ENJOY!



## Funnies

Q: Why did the orange stop in the middle of the road?

Funnies Answer: Because he ran out of juice!

Crossword Answers: Grapes; celery, apple, yogurt, graham cracker, carrots.



Food and Nutrition Service  
The USDA is an equal opportunity provider and employer.

