

Eat.Right.Now.

Nutrition Education for a Healthier Future



Snack.Right.Now. with us this year!

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

- ~ Cooking Clubs ~ Boys' Clubs ~ Newsletters
- ~ Health Fairs ~ Girls' Clubs ~ Career Fairs

Tasty Topics: ***Snack.Right.Now.***

With busy schedules and limited food choices during the day, students and faculty often find it hard to snack healthy. Healthy snacking is a great way to boost energy and alertness. Snacking also provides the body with essential nutrients in between meal times. At a time when students are growing rapidly, healthy snacks are a great way to ensure adequate nutrition. Trying to decide which snacks are healthy can be a daunting task. Here are a few tips for healthy snacking in the New Year! Prepare healthy snacks before leaving the house and take them with you to fight off hunger and to avoid unhealthy cravings. If you do have a craving, try a healthier substitute. Try swapping that ice cream sundae for some frozen yogurt or sorbet. Finally, make snacking fun! Keep a variety of snacks to choose from so you don't get bored. Share this knowledge with your students today by teaching "Snack.Right.Now." activities in the January Monthly Packet. Start the New Year off right with healthy snacking!

Snack Attack!

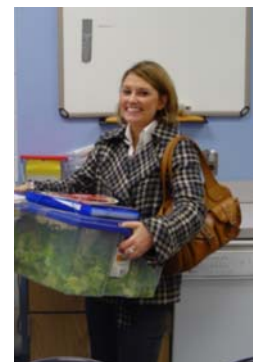
The Drexel Nutrition Team offers several lessons on snacking and the importance of developing healthy snacking habits. Identifying foods that are healthy snacks is one of the key concepts of the snack lessons. Students learn to read and understand the nutrition facts label for various snack products. They also distinguish which snacks are healthier options based on the nutrients and serving sizes listed on the label. Portion control and rules for healthy snacking is also taught to the students. Finally, students are able to use the information from the lesson to make healthier choices no matter where they are. Schedule a Snack Attack lesson with your nutrition educator today!

Monthly Mentions

- **Nutrition Tip:** Use the stairs instead of the elevator to increase physical activity.
- **Fruit & Vegetable:** For pineapple and beet recipes, visit our website: <http://www.drexel.edu/nutritioneducation/>.
- **Now In Season:** Citrus fruits, avocado, rutabaga, carrots, mushrooms and celery. Look for deals in your local grocery.
- **January Health Observations:** Fiber focus month, 18th-24th is Healthy Weight Week.

Nutrition Education in Action

The faculty and staff of Constitution High School hosted a spaghetti dinner for parent appreciation on December 5, 2008. Nutrition educator Amanda Fischer provided parents, faculty, and staff with a healthy salad as well as nutrition materials. She fielded questions from interested parents and teachers as well as distributed gift bags with nutrition pamphlets and Eat.Right.Now. pens.



Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University
Or call us at: 215.895.2422

NAME _____

Rate That Snack!

(Snack Questionnaire)

Fill in the chart for each snack you eat over three days.



Snack	Where You Ate It	Why You Ate It	Nutrients In It	Other Comments	Snacktime Rating ♥

♥ **Snacktime Ratings:** ♥♥♥ contains nutrients; doesn't contain much fat or sugar
♥♥ contains nutrients; also contains fats and/or sugar
♥ doesn't contain many nutrients; contains fats and/or sugar



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACES, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how the Supplemental Nutrition Assistance Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free helpline at 800-692-7462. This nutrition is an equal opportunity provider and employer.