



Snack Attack!

3 healthy snacks-to-go. Eat them individually or pack them all together for a light lunch.

» **HEATHER EPP**

Zip, snap and go! Another autumn season is here and all around us, folks with backpacks are making their way to a new season of activities. Even if you aren't in school, you may carry a backpack, a briefcase or a gym bag.

Chances are your pack contains food of some sort – a lunch, a small treat or an energy booster. Most nutritionists agree that moderate snacking between meals is a healthy way to maintain blood sugar and energy levels throughout the day.

For women who exercise, snacks can play an essential part in building and rebuilding glycogen and nutrient stores before and after exercise.

With a little planning, snacks can add tremendous value to your daily nutritional intake.



Cheddar Apple and Chutney

Based on an old British recipe, this is a favourite for those ravenous times when you need quick energy and something with wholesome sustenance. Substitute marmalade for chutney, if desired.

4 10-inch (25cm) tortilla wraps
1 cup (250 mL) shredded cheddar cheese
1 apple, cored, cut into thin slices
1/3 cup (80 mL) chutney (peach or mango)

Place tortillas on work surface. Sprinkle each with cheese. In small bowl, combine apple and chutney, coating the apple slices well. Divide this mixture among wraps. Roll each tortilla up fairly tightly. Slice into three sections; wrap with plastic wrap and refrigerate until needed.

MAKES 4 SERVINGS
HIGH ENERGY
ABOUT 400-440 CALORIES
PER SERVING

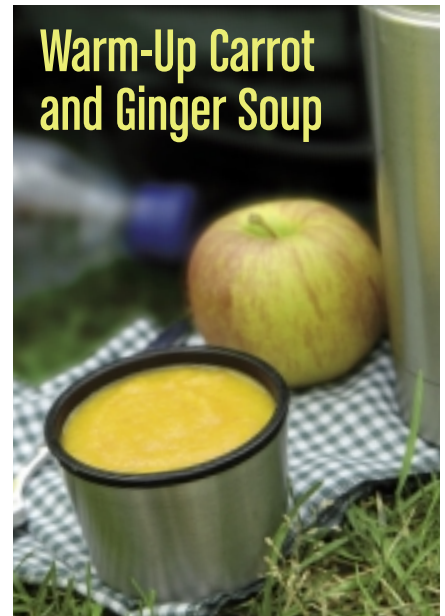
Turkey and Herbed Vegetable Wrap

4 10-inch (25cm) whole wheat tortillas
2 tbsp (25mL) mayonnaise
2 carrots, shredded
1/2 red pepper, cut into thin strips
4oz (120g) roasted turkey breast, shaved
4 green onion stalks (green part only)
4 large basil leaves torn in half lengthwise

Place tortillas on work surface. Spread mayonnaise lightly on each. Divide turkey, carrots and pepper between wraps. Top each with a green onion and a basil leaf. Roll tightly, cut in half on an angle and wrap with plastic wrap. Refrigerate until needed.

MAKES 4 SERVINGS
HEART HEALTHY
ABOUT 375-410 CALORIES.

Warm-Up Carrot and Ginger Soup



As the first cool days come upon us, a cup of warm soup from your thermos is a hearty and nourishing alternative to caffeinated drinks. Carrots are loaded with beta carotenes and vitamin A, and ginger is terrific for the immune and digestive systems.

1 tbsp (15mL) vegetable oil
1 onion, chopped
2 cloves garlic, sliced
6 carrots, peeled, sliced
1 large potato, peeled, sliced
1 small turnip, peeled, chopped
1 apple, peeled, cored, chopped
5 1/4 inch (.5cm) thick slices fresh peeled ginger
6 cups water
1 bouillon cube — vegetable or chicken
1 tsp (5mL) salt

Heat oil in large saucepan over medium heat. Add onion and cook, stirring about three minutes or until softened. Stir in garlic; cook about 30 seconds more. Add carrots, potato, turnip, apple, ginger, water, bouillon and salt. Bring to a boil, reduce heat and simmer about 20 minutes or until vegetables are very tender. Puree in blender or food processor until smooth.

MAKES 6-8 SERVINGS
HEART HEALTHY, LOW FAT
ABOUT 70-100 CALORIES
PER SERVING

Wrap and Run

Here are two sandwich wraps to take on the go. These pack well and can be infinitely varied to satisfy your taste buds. These are best made up to four hours ahead.



Toasted Nut and Seed Bread

No topping needed on this bread! Full of nuts and seeds, it has a great texture and subtle sweetness. Nuts and seeds contain non-saturated "good" fats as well as vitamin E and calcium and other nutrients.

- 1/2 cup (125 mL) chopped pecans
- 1/2 cup (125 mL) chopped almonds
- 1/4 cup (50 mL) sesame seeds
- 1 cup (250 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1/4 cup (50 mL) poppy seeds
- 1 cup (250 mL) buttermilk
- 1 cup (250 mL) brown sugar, packed
- 2 eggs
- 1/4 cup (50 mL) vegetable oil

In large dry skillet over medium heat toast pecans, almonds and sesame seeds about 5 minutes or until fragrant, stirring occasionally. Cool.

In bowl, combine flours, baking soda, salt, nuts and seeds.

In separate bowl, beat together buttermilk, brown sugar, eggs and oil until very smooth. Pour dry ingredients into buttermilk mixture; stir just until combined. Pour

into lightly greased large loaf pan and bake in preheated 350 F (180 C) oven about 55 min or until cake tester inserted in centre comes out clean.

MAKES 12 SERVINGS
HIGH ENERGY
ABOUT 300-320 CALORIES
PER SERVING

What is *Your* Snack Profile?

SNACK ATTACK MID-MORNING

SNACK ATTACK MID-AFTERNOON

SNACK ATTACK AFTER EXERCISE

SNACK ATTACK BEFORE BED

Some Suggestions

- › Fresh fruit or applesauce cup
- › Yogurt or cottage cheese
- › Cereal/trail mix combination
- › Soup
- › Peanut butter and crackers
- › Raw vegetables
- › Cheese straws
- › Sandwich wrap
- › Cookies – try Fig Newton's or a granola bar
- › Banana or other fresh fruit
- › Milk
- › Yogurt
- › Small muffin