



.....And Lighten Up!

**Expanding Potentials, LLC**  
Holly Stokes, NLP Coach, "Brain Trainer"  
503-351-8021 [www.ExpandingPotentials.net](http://www.ExpandingPotentials.net)

Train your Brain & Live your Best  
– In Life, Health, Business!  
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### Top 10 Favorite Healthy Snacks

Sometimes my clients ask me, "What do you eat for snacks?" Here are my top 10 favorite snacks, many of which are great if you find yourself on the go. Setting aside a day for shopping and a weekly food prep day can make all the difference in staying on track and making healthy choices.

1. **Apples** – they travel well, aren't messy and are a great pick me up in the afternoon
2. **Bananas**- travel less well, but make a great breakfast or afternoon snack
3. **Nut Butters** - Non hydrogenated peanut butter or almond butter. Adams is a good brand, you can also get fresh ground nut butters in health food stores, and I think Fred Meyer has it too. Add it to bananas, apples, or whole grain crackers.
4. **Celery Sticks with Tuna** – it's light, it's fresh, it's quick and easy!
5. **Snack bars** – most commercial snack bars are loaded with sugars, so beware and read the label, a couple of brands that tend to be good are Kashi, Think Thin, and Fiber One, look for sugar content around 5 g or less, high fiber and protein are good.
6. **Veggie Drinks** – V8 -look for the kind with 50% less sodium, I can't really taste a difference. It tastes great and is filling! Also, Odwalla makes great green drinks, check the label for added sugars (look for 5 grams or less per serving).
7. **Fruit and Nut Mix** – great to have on hand, I like to mix raw almonds, pumpkin seeds, dried raisins or cherries, and a small handful of dark chocolate chips makes a decadent treat. (note: dark chocolate has many health benefits, it's the added fat and sugar that's not so healthy, but you can find some brands with low sugar content).
8. **Veggie Sticks and Humus** – this is a great snack or even a meal, and it can be a great stand by if you find yourself at work without lunch. Most grocery stores will have ready to eat veggies and hummus.
9. **Healthy Nut Candy** – really simple to make: mix ½ c. of your favorite nut butter (peanut, almond, or cashew) with 1 Tbs. Agave syrup, 2 Tbs. shredded coconut, roll into balls, and roll in either almond meal or cocoa powder, or sesame seeds. Delicious and nutritious! See the brief "Don't fear the fats!" below.
10. **Fridge Salads** – These are salads that you make ahead of time and keep in the refrigerator. They can be a lifesaver if you find yourself coming home hungry – it's easy to grab a couple bites

[www.Lightenup.me](http://www.Lightenup.me) 503-351-8021 [Hstokes@ExpandingPotentials.Net](mailto:Hstokes@ExpandingPotentials.Net)

to make it through to dinner. You can also take them with you to work in tupperware: Fruit salads, Chopped Salads, Sprout Salad, Coleslaw, Carrot Salad, Broccoli Salad, and more. A good tip is to have 2 days a week you make them (to keep them fresh), and then snack on through the week or add as a side to lunch or dinner.

**Don't Fear Nuts!** Not all fats are bad! In fact our body needs fat, it uses fat to line our nervous system, to ring each cell of our body (lipid bilayer), as the building blocks for hormones, and more. The problem is - America has been eating the wrong kinds of fat: artificially hydrogenated fats, trans fats, and saturated animal fats. Fats do tend to have more calories (9 calories per gram, whereas protein and carbohydrate sources are 4 calories per gram), so it's good to be aware of the calorie content in nuts, however, studies found that those who were able to easily maintain their weight, had a regular intake of nuts in their diet. This may be due to the CLA (Conjugated Linoleic Acid) claimed to prevent cancer and heart disease, improve immune function, and nudge body composition toward leanness.\*

Spring for nuts - especially raw nuts – not cooked or roasted. Because of the higher calorie content, count out a serving of nuts in a baggy so you won't be eating an exorbitant amount of calories with your nut mixes. Carbohydrates and sugars are minimal in nuts as nuts are mostly fat and protein.

- 1 oz. Of Almonds (23 pieces) = 164 calories (73% fat)
- 1 oz of Peanuts (23 pieces) = 161 calories (73% fat)
- 1 oz Pecans (20 halves)= 196 calories(87% fat)
- 1 oz. Walnuts (14 halves) = 185 calories (83% fat)
- 1 oz Pumpkin seeds = 142 seeds) = 153 calories (71% fat)

(Nutritional information taken from [www.mycaloriecounter.com](http://www.mycaloriecounter.com))

\*LD. Wingham, ME Cook, and RL Atkinson, Conjugated Linoleic Acid: Implications for human health, Pharmacological Research (2000).