



Study Snacks—15 Great Ideas!

Final Exams can lead to stress, sleepless nights and lots of caffeine, sugar and calories. Snacking on healthy, nutrient dense foods will help you remain alert and focused for the big test. Try one or all of these delicious ideas!

1. **Frozen Banana**—Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. **Ants on a Log**—Spread celery sticks with peanut butter or low-fat flavored cream cheese. Top with raisins and enjoy the childhood favorite.
3. **Trail Mix**— Combine cold cereal, dried fruit and nuts in a sandwich bag for the perfect “on-the-go” snack.
4. **Snack Kabobs**— Try cubes of part-skim cheese, grapes or apples on pretzel sticks.
5. **Veggie Sliders**— Make mini sandwiches with your favorite veggies, hummus on whole wheat bread.
6. **Fruit Cone**— fill a waffle cone with cut-up fruit and top with fat-free vanilla yogurt.
7. **Dip It!** - Try dipping animal crackers in fat-free pudding, a granola bar in low-fat yogurt or mini-toaster waffles in cinnamon applesauce.
8. **Banana Roll**— smear peanut butter on a small wheat tortilla and add a sliced banana. Roll-up and enjoy.
9. **Cheesy Popcorn**— Sprinkle parmesan cheese on low-fat popcorn.



10. **Honey Fruit Dip**— Mix fat-free yogurt with a dollop of honey for a sweet fruit.
11. **Banana Ice** — Peel several very ripe bananas, break them into 1-inch pieces, and freeze the pieces in a sealed plastic bag. Just before serving, whirl the pieces in the blender with a small amount of water or juice. Add berries for a different flavor or top with fruit or nuts.
12. **Mini Pizzas** — Spoon pizza sauce onto half a bagel, English muffin, or mini pita. Top with low-fat mozzarella cheese and your favorite veggies and toast or bake.
13. **Fruit Ice Pops** — Freeze fresh, unsweetened 100% juice in ice pop molds or ice cube trays.
14. **Veggie Dip**— Mix fat-free sour cream with herb mixes such as curry powder, lemon juice, dill weed and garlic. Eat with assorted vegetables.
15. **Low-fat pita and hummus** — Warm a pita in the oven on low, then cut it into small triangles. Dip it in a low-fat hummus.



What's in Season?

ORANGES! When picking out an orange, choose oranges that are heavy for their size, as heavier oranges have more juice inside. Smaller oranges are usually juicier than larger oranges and color is not a good indication of quality; many green-tinted oranges are sweeter than fully orange fruit.

One navel orange provides an entire day's requirement for vitamin C and has only 60 calories! An orange also provides 3 grams of dietary fiber as well as folate, potassium, calcium and magnesium. Additionally, oranges contain the cancer-fighting phytochemicals, flavonoids and terpenes.



Nutrients	Navel	Valencia	Orange Juice
Serving Size	1 medium	1 medium	1 cup
Calories	70	60	110
Fiber	3	3	0
Vitamin A (% RDI)	7	6	4
Vitamin C (% RDI)	138	98	137
Calcium (% RDI)	6	5	2
Folate (%RDI)	12	12	11

Spinach and Orange Salad

Ingredients:

- 1/3 cup olive oil
- 1/3 cup balsamic vinegar
- 2 Tbsp. orange juice
- 1 Tbsp. grated orange peel (optional)
- Salt and pepper to taste
- 6 cups fresh baby spinach, washed and patted dry
- 2 medium oranges, peeled, sectioned and pith removed
- 1 cup shredded carrot
- 1/2 cup very finely sliced red onion
- 2 Tbsp. toasted walnuts
- 1/2 cup reduced-fat feta cheese, crumbled



Instructions:

For dressing, in small bowl, whisk together oil, vinegar, orange juice, orange peel, salt and pepper and set aside. In four salad bowls, divide spinach evenly. Arrange orange sections on top. Sprinkle greens with carrot, onion and walnuts. Drizzle salads with dressing; sprinkle feta on top.

Nutritional Analysis:

Makes 6 servings. Per serving: 190 calories, 15 g total fat (2 g saturated fat), 12 g carbohydrates, 4 g protein, 2 g fiber, 183 mg sodium.

Recipe courtesy of the American Cancer Research Institute.