SMART SNACKS FOR HEALTHY STUDENTS

Today’s students juggle an array of academic, arts, and athletic commitments. Oftentimes, you are away from home for many hours, and yet you want to feel energized and prepared for it all. You never want to go into a situation that requires your attention, memory, or performance (classes, tests, rehearsals, practices, games) when you are dehydrated or hungry. However, under the bombardment of slick advertisements that push fast, convenient, and tasty choices, it’s sometimes hard to remember the purpose of a healthy snack.

High in saturated fat, cholesterol, and sodium (think fast food egg muffin sandwiches), a bad snack can leave you feeling heavy, slow, foggy, and ready to procrastinate. Or high in sugar and caffeine (think “energy” drinks, sodas, sweets), a bad snack can leave you feeling overexcited, jittery, distracted, and edgy. Even more serious, unhealthy snacking can have long-term consequences as it clogs your arteries, saps minerals from your bones, and packs on pounds of fat.

A good snack leaves you feeling alert, energized, satisfied, and ready to go. Not only does it fuel your body, it supports your mental focus and retention. Low in saturated fat, cholesterol, sugar, and salt, a good snack is an important addition to an overall healthy diet. To meet the high demand for academic, creative, and athletic energy, the ideal snack should provide a nutritious and delicious combination of carbohydrates, protein, fiber, and healthy fat.

<table>
<thead>
<tr>
<th>AVOID</th>
<th>INCLUDE</th>
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<tbody>
<tr>
<td>High sugar content</td>
<td>Water</td>
</tr>
<tr>
<td>Caffeine</td>
<td>Whole grains</td>
</tr>
<tr>
<td>Hydrogenated oils (transfats)</td>
<td>Fresh fruits and vegetables</td>
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<tr>
<td>High fructose corn syrup</td>
<td>100% fruit juice</td>
</tr>
<tr>
<td>Artificial colors</td>
<td>Fiber</td>
</tr>
<tr>
<td>Artificial flavors</td>
<td>Low-fat protein and dairy</td>
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<tr>
<td>Empty calories</td>
<td>Nutrient-dense calories</td>
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</tbody>
</table>

In an effort to support healthy snacking at BB&N, we will feature only wholesome choices in our vending machines. New refrigerated machines will allow us to offer nutritious and delicious options such as organic milk, yogurt, fresh fruit, hummus, cheese sticks, and gluten free alternatives. Our supplier will work closely with Dining and Health services to support BB&N’s allergy awareness policy.
HEALTHY SNACKS FOR SMART STUDENTS

The following components are examples of nutritionally balanced, enjoyable, and energizing snacks.
(1 from purple + 1 from green; OR 1 from turquoise; PLUS water)

Any fresh fruit (orange slices, apples, bananas, clementines, etc.)
Dried fruit (apricots, plums, cherries, raisins, etc.)
Applesauce cups (also peach, pear, etc.)
Baby carrots
Raw vegetable strips (carrot, celery, peppers, etc.)
Baked tortilla chips and salsa
Whole grain crackers
Whole grain pita bread
Popcorn
Rice cakes
100% fruit juice
Vegetable juice

Yogurt
Hummus
String cheese
Sunflower seeds
Low fat cheese
Hard-boiled eggs
Energy bars
Dark chocolate
Low-fat milk
Soymilk
Nuts and nut butters**

Trail mix
High-protein pretzels
Oatmeal raisin cookies
Whole grain cereal, granola, muffins, and waffles

Water…water…water (Essential for brain and muscles functioning!)

**Although nuts can be an excellent snack option, BB&N is very sensitive to people with nut and peanut allergies because of the potentially life-threatening reaction some can experience. Please do not include nuts/peanuts in snacks for school events.

For sport-specific snack strategies, contact Director of Health and Fitness Henri Andre directly.

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