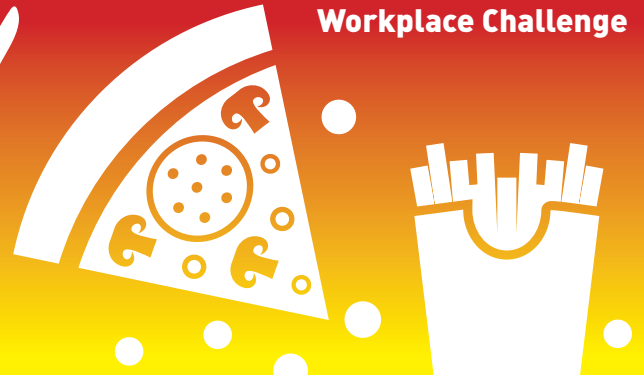


Limit Junk Food Snacking

Healthy Eating, Healthy Life
Workplace Challenge



An initiative of Human Resources in partnership
with the Workplace Wellness Committee

Week 4: Limit Junk Food Snacking

“Junk food” is a term used to describe food and drinks that are low in nutrients and high in saturated fat, sugar, sodium and empty calories. Snacks are part of healthy eating habits but consuming snacks that are high in fat, sugar and sodium on a regular basis can increase the risk of developing chronic diseases such as obesity, cardiovascular disease and type 2 diabetes. This week’s challenge is to limit junk food snacking.

Snacks are an important part of healthy eating. Healthy snacks can:

- Keep you energized
- Help support good health
- Provide nutrients
- Help you satisfy your hunger between meals

Health Canada recommends that you select healthy snacks, eat snacks mindfully and plan ahead to ensure that you have healthy snacks readily available at home, work and when on the go.

Choose Healthy Snack Foods

- Eat vegetables, fruits, whole grain foods and protein foods as snacks.
- Limit eating processed snacks which are high in saturated fat and have added sugar and sodium.

Eat Snacks Mindfully

- Eat your snacks slowly and without distractions such as watching TV, reading or working as you will likely eat more when distracted.
- Select small portions.
- Do not eat directly from a large container.
- Eat snacks only when you are hungry and not when you feel tired or bored.

Plan Ahead

- Look for healthy snack options when grocery shopping. Read and compare nutrition facts tables and purchase a variety of fruits and vegetables as healthier snack options.

Select snacks that have little to no added sodium, sugar or saturated fats

Sodium

A high intake of sodium can lead to higher blood pressure, which may increase your risk of developing heart disease. Health Canada recommends limiting your daily amount of sodium intake to 1300mg.

Sugars

Indulging in foods and drinks with added sugars has been linked to an increased risk of obesity and type 2 diabetes. The Heart & Stroke Foundation recommends you consume no more than 10% of your total calories per day from added sugars (for an average 2,000 calories per day diet, 10% is equivalent to 48g of added sugars).

Saturated Fats

Replacing foods that are high in saturated and trans fats with unsaturated fats will help reduce the risk of developing heart disease. Unsaturated fats include nuts and seeds, fatty fish (such as salmon and trout), vegetable oils (such as olive, corn, canola, and sunflower), and avocados. Health Canada recommends that you use the nutrition facts table to select products with the lowest amounts of trans and saturated fat.



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HEALTHY SNACK IDEAS

- 1 medium fresh fruit such as a banana, pear, apple or orange.
- 1/4 cup of unsalted nuts.
- 2 cups of plain popcorn mixed with 1/4 cup of soy nuts.
- Homemade trail mix: combine 30 grams of unsweetened whole grain cereal, 1 tablespoon of raisins and 1 tablespoon of unsalted nuts.
- Nuts, pumpkin and sunflower seeds.
- Single-serve unsweetened applesauce with 1 tablespoon of unsalted slivered almonds.
- 1 cup of raw vegetables such as carrots, peppers, celery sticks and cherry tomatoes with hummus or guacamole dip.
- 1 slice of whole grain bread with 1 tablespoon of peanut butter.
- Low fat, no sugar added small muffin or granola bar.
- 1 cup of yogurt with fresh or frozen berries.
- 3 rye crackers with 50 grams of cheese.
- 30 grams of high fibre cereal with 1/2 cup of skim milk.
- Stalk of celery filled with low fat cottage cheese.
- Melba toast with tuna (water packed).
- Hard-boiled egg.
- Homemade potato chips: thinly slice potatoes, add a small amount of salt and pepper or seasonings you enjoy, and bake in the oven at 400 °F for 12-15 minutes. Use other vegetables to make chips, such as kale, beetroot, zucchini and sweet potato.
- Dark chocolate rather than milk chocolate.
- Homemade popcorn: buy your own kernels, add a small amount of oil into a hot pan, place the kernels in and let them pop.
- Homemade ice cream: freeze bananas and then use a blender to create an ice cream-like consistency. To make it even tastier, add chocolate protein powder or peanut butter.
- If you are craving a milkshake, make your own smoothie. To create a creamy consistency, add some plain yogurt.
- Have fruits readily available in your fridge.

BE AWARE OF FOOD MARKETING:

Food marketing is advertising that promotes the sale and consumption of certain foods. Some of the snacks that are marketed are high in sodium, sugar or saturated fat. Food marketing takes on many forms, such as: branding, sponsorship of events, contests and sales promotions, social media posts, celebrity endorsements, commercials, and product placement. It is designed to create food trends, encourage you to buy certain foods or drinks in order to get promotional items such as loyalty points. When making food purchases, do not rely on food marketing; make sure to read the nutrition facts table to determine if the product is a healthy option.

FOR SOME HEALTHY FOOD RECIPES AND ADDITIONAL TIPS:

View the Eat Well Plate: Healthy Snacks - <https://www.canada.ca/en/health-canada/services/video/food-nutrition/eat-well-plate-healthy-snacks.html>

Snack recipes: <http://www.unlockfood.ca/en/Recipes/Snacks.aspx>

<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes/quick-easy-hummus.html>

Following healthy eating practices can help you reach and maintain a healthy weight and lower the risk of developing many chronic diseases such as obesity, type 2 diabetes and heart disease. This concludes the four-week Healthy Eating, Healthy Life Workplace Challenge. Do not forget to submit your challenge log for a chance to win prizes. For more information about the challenge and to download the challenge tracking sheet go to www.uwindsor.ca/healthyeating