

Nutrition Tip of the Week: Power Snacking



Hello CSUSM Athletes!

This week we are talking about the importance of snacking throughout the day. Snacking helps control appetite, satisfies hunger, helps in weight management, boosts cognitive function, increases metabolism, and ensures that you get the energy (calories) and nutrients you need before, during, and after training/games. It contributes to almost one-fourth of our daily calorie needs.

Snacking mainly also helps to maintain stable blood sugar levels throughout the day. When we eat, blood sugar levels rise and the energy from food is broken down and distributed from the bloodstream to cells. Once the nutrients are absorbed into cells, blood sugar levels begin to dip back down. Blood sugar levels continue to decline if we don't snack and our bodies start to act a little funky. Signs of low blood sugar include low energy levels, sweating, dizziness, headache, slight nausea, mental fuzziness, increased anxiety, irritability, slower recovery, hunger, increased heartbeat, unhealthy cravings (mainly processed, refined carbohydrates and sugary items), and overeating at meal time.

The best times to snack are between breakfast and lunch, and lunch and dinner. Be sure to always gnosh on something after practices, training, and games. This helps restore blood sugar levels back to normal and replenishes your body with energy and nutrients that were used during physical activity. If you are still hungry after dinner, have a light snack about one hour before bed. The *quality* of snacks and foods you choose to munch on between meal times is very important. Check out some ideas below for healthy, portable snacks that are great for class or away games! Don't forget to visit the Cougar Pantry for some free food that can help you make the perfect meal or snack!

HEALTHY SNACKING

Fruits, Vegetables, and Nuts

- Smoothies
- Dried fruits
- Applesauce
- Yogurt with fruit and granola
- Celery, apple, or banana with nut butter
- Fresh fruit
- Tomatoes with mozzarella basil, and crackers
- Vegetables with hummus
- Mixed nuts
- Trail mix

Grains

- Cereal with fruit
- Crackers with cheese and fresh fruit
- Rice cakes with nut butter and fruit
- Pita bread with hummus and a side of veggies
- Popcorn (air popped)
- Tortilla roll ups with hummus, veggies, and turkey

Protein

- Edamame
- Granola bars
- Cottage cheese or yogurt with fruit
- Hard boiled eggs
- Tuna with crackers
- Jerky
- Energy bars*

*Aim to consume snacks from whole foods over energy bars because whole foods provide us with natural fiber and nutrients.

Recipe of the Week: No Bake Peanut Butter Energy Bites

These easy, delicious, and cost-effective energy balls are great to have before or after a workout. They are transportable so they are perfect to bring to class, after breakfast, or even to be eaten as a dessert! These energy bites can be made in a variety of ways to accommodate everyone's taste buds and preferences. Some ingredients can also be found for free on a normal basis at the cougar pantry, including oats, dried fruit, nuts, and peanut butter. See below for more details on the cougar pantry.

Prep Time: 10 minutes

Set Time: 15-30 minutes

Makes: 12 balls

Serving size: 1 ball

Ingredients:

- 2 tbsp honey or agave
- $\frac{2}{3}$ cup creamy peanut butter or crunchy peanut butter
- 1 cup old fashioned oats* (may also be called whole oats or rolled oats; i.e. Quaker Oats or Bob's Red Mill)
- $\frac{1}{2}$ cup dried cherries (or other dried fruit of choice)

Optional add-ins:

- $\frac{1}{2}$ cup chocolate chips
- $\frac{1}{4}$ cup chia, hemp, or flax seeds
- $\frac{1}{2}$ cup of chopped nuts
- $\frac{1}{4}$ cup shredded coconut

Directions:

1. Combine all ingredients into a medium bowl. Stir to combine.
2. Place mixture in the refrigerator for 15-30 minutes to make them easier to roll.
3. Roll into 12 balls and store them in the fridge for up to a week. Mixture can also be made into energy bars! Instead of rolling the mixture, place it in a square baking dish lined with parchment paper, refrigerate, and cut into squares.

Nutrition Facts	
5 Ingredient Peanut Butter Energy Bites	
Amount Per Serving (1 bite)	
Calories 200	Calories from Fat 117
% Daily Value*	
Fat 13g	20%
Saturated Fat 3g	19%
Cholesterol 1mg	0%
Sodium 69mg	3%
Potassium 214mg	6%
Carbohydrates 16g	5%
Fiber 4g	17%
Sugar 7g	8%
Protein 6g	12%
Calcium 31mg	3%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts based off of listed ingredients: old fashioned oats, creamy peanut butter, chocolate chips, ground flax seeds, and honey.

Recipe adapted from: <https://chefsavvy.com/5-ingredient-peanut-butter-energy-bites/>

*Old fashioned oats are the ideal oat-of-choice when making granola bars, cookies, muffins, and other baked goods. Old fashioned oats absorb more liquid and hold their shape better than steel cut oats. Instant oats (quick oats) retain less texture, yet could be substituted in this recipe, if desired.



The Cougar Pantry serves free food to all CSUSM students. Each Student may visit once per week, in addition to attending Fresh Market Mondays (every Monday in Chavez Plaza from 10am - 1pm) and Produce Truck Tuesdays (first tuesday of every month in front of Markstein Hall from 12-1 pm) for fresh produce.

Cougar Pantry is located in **USU 3100A** and the hours are as follows:

Mondays: closed for Fresh Market

Mondays; Tuesday - Thursday: 9 AM - 5 PM

Friday: 9 AM - 1 PM

Don't forget your reusable bag and student ID!

Thank you Cougars and have a wonderful week!