

DIET

Snacks boost energy

by Denise Nowack, RD

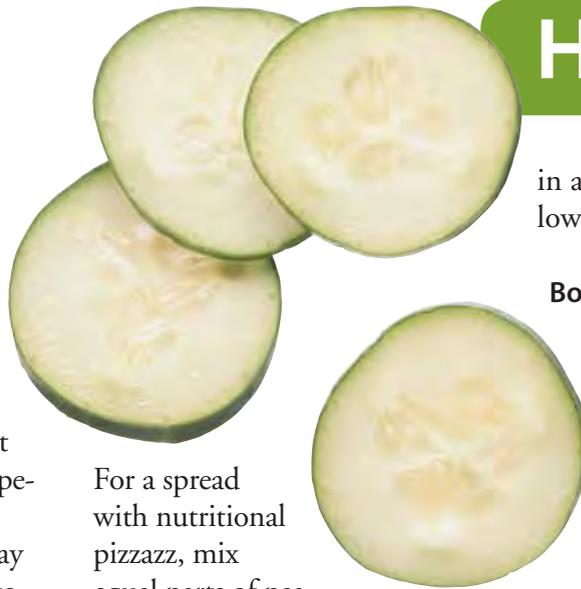
Perhaps it was your mother who told you that snacking would ruin your appetite. But for people with MS, more frequent mini-meals may be just what the body needs to fight off holiday fatigue and stay energized throughout the busiest day. Be snack savvy. Snacking can actually add a fiber and nutrition boost to your diet and help manage unwanted weight.

Grab & go snacks

- Reduced-fat cheese sticks
- Yogurt
- Individually packaged veggies—some come with dip
- Hard-boiled eggs
- Fresh or dried fruit

Fiber-booster snacks

- Thinly spread your favorite nut butter (peanut, almond, etc.) on whole grain toast or try it on slices of apples, bananas, or pears.



For a spread with nutritional pizzazz, mix equal parts of peanut butter, honey, and wheat germ or ground flax seeds.

- Go nuts. Almonds, hazelnuts, peanuts, pecans, and walnuts are rich in protein, healthy fats—and calories. Keep portions small.

- Make your own snack mix of pretzel sticks, dry-roasted nuts or sunflower seeds, wheat cereal squares, and dried cranberries, raisins, or cherries.

- Try edamame (boiled green soybeans)—find them in the produce section or the frozen vegetable aisle.

From the garden

- For a change from celery and carrot sticks, try sugar snap peas, cucumber, jicama slices, or strips of red or yellow bell peppers. Dip in a low-fat ranch or a favorite salsa—or hummus or bean dip for a protein boost.

- Bake a sweet potato in the microwave (pierce with a fork first) and top with 1 teaspoon maple syrup.

- For those who don't like vegetables, try rolling blanched asparagus or cut-up bell peppers

in a slice of ham or turkey and low-fat Swiss cheese.

Bone builders

Choose low- or non-fat dairy products.

- Give yogurt an extra zip! Add graham crackers, granola, chopped nuts, or toasted wheat germ, or top with chopped fresh kiwi or figs (the seeds of these fruits add a fiber boost).



- Add sliced strawberries, chopped pineapple, or mandarin oranges to cottage cheese.

- Blend low-fat milk, yogurt, or fortified soy milk or orange juice with fruit for a delicious smoothie.



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