


Health Cookies

Yield : 24 cookies

Ingredients	Amount	Method
		Preheat oven to 350 °F.
Whole wheat flour	250ml	Whisk flours, wheat germ, baking powder, baking soda, salt, oatmeal and cinnamon together in a large bowl.
White flour	250ml	
Wheat germ	125ml	
Baking powder	5ml	
Baking soda	5ml	
Salt	5ml	
Oatmeal	250ml	
Cinnamon	5ml	
Sugar	250ml	In a different bowl, cream the margarine and sugars.
Brown sugar	125ml	
Trans-fat free Margarine	125ml	
Eggs	3	
Unsweetened apple sauce	250ml	Add eggs, apple sauce, vanilla and orange zests and mix well. Slowly add the flour mixture until combined.
Large orange (zest)	1	
Bitter sweet chocolate chips (semi-sweet or dark chocolate)	250ml	Add chocolate chips and cranberries and mix until they have spread out throughout the dough. Scoop with 2oz ice cream onto cookie sheets.
Dried cranberries	250ml	
		Bake for 15 minutes until done. Take from the oven and allow to cool on cookie sheets for 1 or 2 minutes. Remove them and allow them to cool completely before storing them.



Health Cookies		
Nutrition Facts		
Serving Size	75g	
Amount: 1 cookie % Daily value		
Calories	227	11%
Total Fat	8.4g	13%
Saturated Fat	2.9g	
Polyunsaturated Fat	2.2g	
Trans Fat	0.1g	
Cholesterol	20mg	6%
Sodium	77mg	4%
Total Carbohydrates	28g	11%
Sugars	13g	
Dietary Fiber	3.4g	
Protein	5g	5%
Calcium		1%
Iron		12%

This health cookie lives up to its name.

- ✓ It contains roughly **38% less total fat** compared to a national brand cookie.
- ✓ It is **lower in sodium and sugar** than in commercially prepared comparable cookies.
- ✓ It is also a **very good source of fiber** (from wheat germ and whole wheat flour), and iron.

References:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/snacks-collations-eng.php>
http://www.sparkpeople.com/resource/nutrition_articles.asp?id=504

SMART SNACKING



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BENEFITS OF SNACKING . . .



Snacking on small amounts of **SMART SNACKS** at regular intervals during the day can keep your blood sugar levels stable and your mind alert. So, instead of a mid-afternoon crash, you'll be full of vigor through dinnertime.

Moreover, a wise choice of snacks can also help add extra nutrition that might be missing from other meals.

A snack with a combination of lean protein, complex carbohydrates and some healthy fat will help you feel satisfied and fuller for longer.

Examples of **SMART SNACKS**:

- Cheese whole wheat sandwich
- Carrot sticks or other bright colour veggies with low-fat dressings or tofu dips
- Fruit and yogurt smoothie
- Whole-wheat crackers and hummus.
- Salsa and baked whole wheat tortilla chips
- Glass of plain or chocolate milk
- Peanut butter and pretzels
- Dry mixed whole-grain cereal and a container of milk
- Dark green leafy salad with orange sections and almonds
- Handful of nuts and dry fruits



Snacking Myths

Despite the benefits that snacking can offer, some people think of snacks as something extra they should not eat.



Did you ever have these myths in mind?

Myth 1: Snacks are fattening.

FACT Eating a healthy snack during a long stretch between meals can take the edge off hunger, which may lead to overeating otherwise.

Myth 2: Snacks spoil your appetite for meals.

FACT Eating a small amount of food 2 to 3 hours before a meal will not spoil your appetite; instead, it keeps you from becoming ravenously hungry. You will be less inclined to overeat at next meal.

Myth 3: Snacking is the same as eating junk foods.

FACT Snacks do not have to equate junk foods. Smart snacking can help fill in the gaps in meals to complete a healthful diet.

Myth 4: Healthy snacking means I can never eat chips again?

FACT It's absolutely fine to eat your favorite foods as snacks occasionally but it may require a little planning. If you have a high fat snack, you need to balance that out with lower-fat choices at other meals.

Practice Moderation

As with the rest of your diet, moderation is crucial when snacking no matter how healthy your snacks are. **Watch your portion sizes!**

Snacking isn't *Grazing*

The optimal way of snacking is to **eat little and often**. However, many snackers often ignore the bit about eating only a little, hearing only the message to "eat often".

Tips to avoid grazing:

- Fill a small plate with your snack, and leave the kitchen. When your plate is empty, snack time is over.
- Never bring the entire container with you in front of the television or computer. Enjoy your snack without distraction and you won't be tempted to reach for more.
- Put away foods in the kitchen cabinets when you don't need them.
- Limit yourself to a single serving.
- Buy nuts in shells. You will find yourself eating less when foods are less assessable.

On a side note:

You can make your snacks more sustainable by:

- ⇒ Eating whole fresh fruits bought from local farmer's market.
- ⇒ Limiting the purchases of foods with individual packaging.
- ⇒ Carrying your snacks with reusable containers.
- ⇒ Make your own healthy snacks at home, i.e. granola bars, muffins, cookies.

Try our Health Cookies recipe!

