

Snack Smarter

The right snack can help boost your energy levels and give you important nutrients.

- Have a snack if there are more than 4 hours between your meals.
- Put healthy snacks on your grocery list so you have nutritious choices on hand.
- Portion out snacks rather than eating from the box or bag.



Beware of Empty Calories

Limit snacks that are high in calories, fat or sugar to special occasions. Watch these empty calorie foods:

- Baked goods such as cakes, cookies, doughnuts or large muffins.
- Snack foods like candy, chocolate, crackers or chips.
- Sweet drinks like pop, fruit drinks, sports drinks or milkshakes.

Super Snacks

Great options for a healthy snack:

- Cut-up vegetables and dip
- Sliced fruit with yogurt dip
- Mini whole wheat pita bread with peanut butter or hummus
- Air popped or light popcorn
- Yogurt
- Cheese with fruit
- Unsalted nuts or seeds
- Hardboiled egg



Food of the Month

Cherries



Sweet or sour, cherries are bursting with nutrition. They have antioxidants to arm you against disease; and they contain fibre which helps you feel full.

A few ways to enjoy cherries:

- Eat as a snack
- Add to fruit salad
- Mix into muffins or pancakes
- Blend in a smoothie
- Toss in a salad with leftover chicken for a tasty lunch

In Your Sobeys Store

Grab and Go Snack

Visit the bulk food section in the They offer a variety of nuts and seeds.

Pair these with a small piece of fruit for an easy and healthy snack.

No Bake Coconut Energy Balls



Makes 20

Ingredients:

| | |
|----------------|---------------------------|
| ¼ cup (60 ml) | Coconut, unsweetened |
| 1 cup (250 ml) | Quick oats |
| ½ cup (125 ml) | Coconut and peanut spread |
| ½ cup (125 ml) | Flax seed, ground |
| ¼ cup (60 ml) | Chocolate chips |
| ¼ cup (60 ml) | Maple syrup |
| 1 tsp (5 ml) | Vanilla |

Directions:

1. Place coconut in a dry frying pan and heat on low until it starts to turn brown.
2. Mix all ingredients together in a medium bowl. Cover and chill for 30 minutes.
3. Roll into 1-inch balls and put in fridge until serving.

Nutrition Information per 1 Ball:

| | |
|--------------|---------------|
| Calories | 86 |
| Fat | 6 grams |
| Carbohydrate | 11 grams |
| Fibre | 2 grams |
| Protein | 3 grams |
| Sodium | 21 milligrams |

Did you know?

The following foods make great 100-calorie snacks:

- 8 baby carrots and 2 tbsp hummus
- 14 plain almonds
- ¼ cup cottage cheese and ½ cup cantaloupe

Chef's Corner

Smoothie 101

Smoothies can be a nutritious and convenient snack. Just a few basic ingredients blended together will make you a delicious smoothie.

1. Start with fresh or frozen fruit. Add at least one of your favourites such as berries, peaches or mangoes.
2. Add liquid such as milk, milk alternatives (such as soy, almond or coconut), tea or water.
3. Add protein like Greek yogurt, peanut/nut butter, pasteurized egg white or protein powder for a complete meal.
4. Add even more nutrition by adding a green leafy vegetable to your smoothie. Try baby kale, spinach or beet greens.
5. Enhance the sweetness by adding ripe banana, honey or a splash of vanilla.
6. Blend until smooth and enjoy!



Pharmacy Corner

Are you taking the right medications at the right time?

Pill Pack Plus is a convenient bubble-pack card that holds prescription and non-prescription medications. It makes it easier to take medications and see at a glance if they have been taken on schedule.

Your Sobeys Pharmacist will automatically refill your Pill Pack medications. Talk to your Sobeys Pharmacy team to find out more.



Help Others Improve Their Health

Share this newsletter with your family or friends. Register by emailing HealthyBitsandBites@sobeyspharmacy.com