



Elliott Evans Nutrition, LLC
Prevent and Protect
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8 SMART SNACKS

MarthaStewart.com

Healthy Living *fit to eat*

TROPICAL SALAD

Serves 1

Heart-healthy highlights: *Avocado is rich in the healthful fats that can raise levels of HDL (“good”) cholesterol. Cantaloupe and papaya are high in potassium, which helps regulate high blood pressure.*

Arrange 3 slices (chilled) on a plate:

- avocado
- papaya
- cantaloupe

Drizzle with 2 teaspoons fresh lemon juice.
Garnish with basil.

PER SERVING:

Calories 181; Saturated Fat 1g; Unsaturated Fat 8g;
Cholesterol 0 mg; Carbohydrate 19g; Sodium 19mg;
Protein 2g; Fiber 6g

TUNA & WHITE BEANS

Makes 3 Servings (2/3 cup each)

Heart-healthy highlights: *Getting protein from seafood and beans, rather than meat, is a good way to keep arteries clear.*

Mix together:

- 1 can (5oz) oil-packed tuna (drained)
- 2/3 cup canned white beans (drained)
- 1/4 cup raisins
- 1/4 cup torn fresh-flat parsley
- Zest of 1 lemon
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon coarse salt

Season with pepper, drizzle with 2 teaspoons fresh lemon juice. Garnish with basil.

PER SERVING:

Calories 176; Saturated Fat 1g; Unsaturated Fat 3g;
Cholesterol 15 mg; Carbohydrate 19g; Sodium 256 mg;
Protein 16g; Fiber 3g

CHOCOLATE-NUT MIX

Makes 12 1/4-cup servings

Heart-healthy highlights: *Nuts are loaded with heart-protective unsaturated fats. Dark chocolate can assist in lowering blood pressure, and the antioxidants in dried blueberries may stave off arterial plaque.*

Mix:

- 1 cup of almonds (toasted & cooled)
- 1 cup of walnuts (toasted and cooled)
- 2/3 dried blueberries
- 3/4 cup chopped dark chocolate

PER SERVING:

Calories 200; Saturated Fat 3g; Unsaturated Fat 10g;
Cholesterol 2 mg; Carbohydrate 14g; Sodium 3mg; Protein 4g;
Fiber 4g

RED WINE & DARK CHOCOLATE

1 Serving

Heart-healthy highlights: *Rich in antioxidants and polyphenols, wine and chocolate (in moderation) may rein in blood pressure and lower the risk of heart disease.*

- Piece (3/4 ounce) dark chocolate
- 1 glass (3 ounces) red wine

PER SERVING:

Calories 192; Saturated Fat 4g; Unsaturated Fat 0g;
Cholesterol 3 mg; Carbohydrate 15g; Sodium 3 mg;
Protein 1g; Fiber 2g

SARDINE-AND-PEPPER TOPPED CRACKER

Makes 1 Serving

Heart-healthy highlights: Sardines are incredibly rich in omega-3 fatty acids, which may reduce triglyceride levels.

Place 1 oil-packed piquillo pepper (drained and thinly sliced into rings) and 1 oil-packed Spanish sardine (drained and halved, bones removed) on 1 whole-wheat Wasa cracker.

Top with a few baby arugula leaves.

Drizzle with ¼ teaspoon fresh lemon juice.

PER SERVING:

Calories 78; Saturated Fat 0g; Unsaturated Fat 1g; Cholesterol 17 mg; Carbohydrate 12 g; Sodium 221 mg; Protein 5g; Fiber 3g

PITA WITH RICOTTA

Makes 1 Serving

Heart-healthy highlights: The fiber in whole-wheat pita and dried apricots will keep you feeling full longer.

Spread 1 tablespoon plus 1 ½ teaspoons part-skim ricotta cheese on to ½ small whole-wheat pita.

Top with 2 or 3 dried apricots and 1 ½ teaspoons sliced toasted almonds.

Drizzle with 1 teaspoon honey.

Season with pepper.

PER SERVING:

Calories 144; Saturated Fat 1g; Unsaturated Fat 2g; Cholesterol 7 mg; Carbohydrate 23 g; Sodium 105 mg; Protein 5g; Fiber 2g

SALSA TACOS

Makes 1 Serving

Heart-healthy highlights: Extra-creamy but with no saturated fat, nonfat Greek yogurt is a great replacement for sour cream.

Char one 6-inch corn tortilla over an open flame or under a broiler.

Fill with 1/3 cup fresh tomato salsa, ¼ cup torn romaine lettuce, 1 tablespoon plus 1 ½ teaspoons of nonfat Greek yogurt, and 1 tablespoon fresh cilantro.

Garnish with cilantro.

PER SERVING:

Calories 113; Saturated Fat 0g; Unsaturated Fat 1g; Cholesterol 0 mg; Carbohydrate 23 g; Sodium 22 mg; Protein 5g; Fiber 4g

APPLE, PEANUT BUTTER, AND CHILI PASTE ON LAVASH

Makes 1 Serving

Heart-healthy highlights: Apples are high in soluble fiber, which may help lower LDL (bad) cholesterol.

Grill 1 triangle (1/2 ounce) whole-wheat lavash in a grill pan, or toast in a drug skillet over high heat until slightly charred on both sides, about 1 ½ minutes.

Spread 1 ½ teaspoons natural peanut butter and 1/8 teaspoon sambal oelek (Asian chili paste; importfood.com) onto lavash.

Top with 5 thin slices tart red apple, such as McIntosh, and a few watercress sprigs.

PER SERVING:

Calories 86; Saturated Fat 1g; Unsaturated Fat 0g; Cholesterol 10 mg; Carbohydrate 10 g; Sodium 38 mg; Protein 3g; Fiber 1g