

## Snacks That Are Healthier Than They Seem

Some snacks have gotten a bad reputation for being unhealthy. Here is a list of some that you may have stayed away from but they are actually good for you!



### **Peanut Butter**

Keep in mind that not all peanut butter is created equal. Some are made with just peanuts and sometimes salt (this is what you want), while others are a combo of peanuts, sugar and a variety of oils (not what you want). Reduced-fat peanut butter may seem like the healthier choice, but the fat is oftentimes replaced with more sugar or preservatives. Peanut butter has hunger-satisfying protein, fat, high antioxidant content and loads of Vitamin E. Just make sure to watch your portion size.

### **Popcorn**

It gained a bad reputation thanks to the kind that you buy in the movie theaters. Yes, if it is cooked in a ton of oil and then coated in butter, it is not so good for you. But, popcorn is a whole grain and high in fiber. When it is air-popped, it only contains about 30 calories per cup.



### **Dried Fruit**

When fruit is dried, both its nutrient content and sugar content is condensed, making portion control very important. Be cautious of dried varieties that have added sugar in them. Dried fruit can be an easy way to add fiber and antioxidants to your diet. It is especially helpful when fresh varieties are out of season.

### **Hot Cocoa**

A cup of hot cocoa made with low-fat milk is a wonderful way to satisfy a chocolate craving, get a dose of Vitamin D, calcium and meet the recommended daily serving of dairy. The cocoa has anti-inflammatory properties and the milk has hunger-fighting protein.



### **Trail Mix**

Skip most of the pre-made store bought varieties. The best bet is to make your own using raw or dry-roasted nuts, whole-grain cereal and dried fruit. When eating it, make sure to keep an eye on your portion size. It is easy to go overboard.

### **Avocados**

Although they are calorie dense with 250 calories in one medium avocado, it is packed with healthy unsaturated fats. Avocados contain the antioxidant lutein, shown to help maintain eye health and plant sterols, shown to lower cholesterol. No need to eat the whole thing, a little bit goes a long way.



## National Donate Life Month

### Why Donate?

Because you may save up to 8 lives through organ donation and enhance many others through tissue donation.

Last year alone, organ donors made more than 28,000 transplants possible. Another one million people received cornea and other tissue transplants that helped them recover from trauma, bone damage, spinal injuries, burns, hearing impairment and vision loss.

Unfortunately, thousands die each year waiting for a donor organ that never comes. You have the power to change that.

### Learn the Facts

These facts may help you better understand organ, eye, and tissue donation:

**FACT:** Anyone, regardless of age or medical history, can sign up to be a donor. The transplant team will determine at an individual's time of death whether donation is possible.

**FACT:** Most major religions in the United States support organ donation and consider donation as the final act of love and generosity toward others.

**FACT:** If you are sick or injured and admitted to a hospital, the number one priority is to save your life.

**FACT:** When matching donor organs to recipients, the computerized matching system considers issues such as the severity of illness, blood type, time spent waiting, other important medical information, and geographic location. The recipient's financial or celebrity status or race does not figure in.

**FACT:** An open casket funeral is usually possible for organ, eye and tissue donors. Through the entire donation process, the body is treated with care, respect and dignity.

**FACT:** There is no cost to donors or their families for organ or tissue donation.

## Recipe

### OF THE MONTH

#### Hot Chocolate Banana-Nut Oatmeal

From [www.foodnetwork.com](http://www.foodnetwork.com)

- 2 Cups low-fat milk
- 2 fully-ripened large bananas (1 1/2 diced and 1/2 thinly sliced)
- 1/4 Tsp pure almond extract
- 1/2 Tsp pure vanilla extract
- kosher salt
- 2 Cups old-fashioned rolled oats
- 2 Tbsp unsweetened cocoa powder
- 2 Tbsp honey or agave nectar
- 1/3 Cup toasted and chopped walnuts
- one pinch ground cinnamon
- 2 Tbsp semisweet chocolate chips

#### Preparation

1. Bring the milk, 1 3/4 Cups water, the diced bananas, almond and vanilla extract and pinch of salt to a boil in a large saucepan over high heat.
2. Stir in the oats, cocoa powder and 1 Tbsp of the honey and reduce the heat to medium. Cook, stirring frequently, until the oats are fully cooked to desired consistency, 6 to 7 minutes.
3. Transfer to 4 bowls, top with sliced bananas, walnuts, the remaining 1 Tbsp honey, cinnamon and chocolate chips and serve.

#### Nutrition

Per serving (1/4 of recipe): 382 calories; 12g fat (1.5g sat); 61g carbohydrates; 11g protein; 7.5g fiber.



## Newsletter Quiz

1. Were you surprised by anything on the list of 'Snacks That Are Healthier Than They Seem'? If so, which ones?
2. Name one FACT you did not know about donating organs or tissues?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by April 30, 2015.

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