

Join us for the Fitwize

Nutrition Session

Friday, January 17

4 to 5 PM!



Our nutrition topic this month will focus on how nutritional content of crackers vary. We'll talk about which crackers are the most nutritious and how to include them in snacks.



MILLER METHOD
BECAUSE WEIGHT LOSS IS A MATH PROBLEM

Stephanie Mull, MS, RD, CSSD, CSCS
Miller Method for Fitwize
1.20

Fitwize Newsletter

January 2020

Picking a Nutritious Cracker

By Stephanie Mull, MS, RD, CSSD, CSCS

It's the New Year which means we are taking a fresh approach at how we live our lives. It's common practice to think of the New Year as a fresh start which naturally morphs into being more mindful and intentional with our diet and exercise patterns. Mindful behavior is a practice I encourage year-round and not just at the start of the year.

One strategy to being more mindful is taking ownership of what you put into your body. It's unrealistic to expect healthy, nutritious eating all day, every day. However, the key is making nutritious choices most of the time. For example, if you always have potato or tortilla chips at a meal or snack, then one strategy to improve the nutritional content of what you are eating is to remove those chips. But what if you really like something salty and crunchy? Just removing it may create a restriction that your brain doesn't like. Ultimately, you'll find those chips again! And you won't be able to control your portion of them. Another strategy, maybe a slightly more realistic approach, is to find a more nutritious alternative. This is where crackers can come in.

There are a ton of crackers on the market! It may feel overwhelming to decide which ones are worth including and which ones should be avoided. My suggestion is to look for ones that have fiber (3+ grams per serving), are made from whole grains, and have minimal ingredients.

This month at the nutrition session we will taste some different crackers and talk about what to look for on the Nutrition Facts label and ingredient list. This will teach kids how to make an educated decision about determining nutritious quality of a food. We will also explore what to pair with crackers to make our snack more fun and interesting!

