



On the T.R.A.I.L. to Healthy Snacking

The On the T.R.A.I.L. to Diabetes Prevention program aims to prevent and/or reduce the onset of type 2 diabetes in Native communities by providing youth with a comprehensive understanding of healthy lifestyles. Providing youth with healthy snack options is necessary for successful implementation of the T.R.A.I.L. program because making good food choices is central component of living a healthy lifestyle.

Why do healthy choices matter?

The better you eat, the better you feel! While exercise is important to stay healthy, what we fuel our bodies with is a major contributor to our health and wellness. It's important for T.R.A.I.L. participants to know that eating well will not only help them have the fuel to do physical activity but will also make them feel strong!

What is healthy?

When grocery shopping, here are a few things to keep in mind to get the most out of your trip:

- When looking for foods, you will find the freshest foods on the “edges” of the grocery store.
- “Natural,” “organic,” or “low-fat” does not always mean healthy – be sure to read labels for ingredients (jellies and jams, for example).
- Organic sugar is still sugar and should be minimized for T.R.A.I.L.!
- If markets are far away from you, consider long term meal/snack planning in order to maximize your trips.



What should I avoid?

- **Pre-packaged Trail Mix** – Most trail mix has sugar-loaded candies, excessive salt, and unhealthy add-ins.
- **Granola Bars** – Granola bars are coated in chocolate, sugary ingredients, and have low nutritional benefits.
- **Reduced-Fat Peanut Butter** – Although it has less fat, companies replace the missing fat with extra sugar! The full fat peanut butter is a better option because it has the “good” fats.
- **Breakfast Cereals** – Breakfast cereals often have added sugar and refined ingredients. Make sure to look at the ingredients list and the sugar content before purchasing.
- **Pretzels** – While low in calories, pretzels have high sodium content and little nutritional value which is why they leave you feeling hungry.

Food Preparation Matters

Did you know boiling vegetables in water reduces vitamins? When preparing your snacks or meals, steaming vegetables is actually one of the healthiest ways to prepare them because they will hold in all the nutrients! Sautéing is a healthy way to cook vegetables, but instead of using butter, try using olive oil. Microwaving is an alternative to steaming. The lack of water allows for vitamin C and other nutrients to be maintained while cooking.

If you have traditional, healthy recipes that you would like to share, please submit them to Sierra Francis at sfrancis@firstpic.org and we will post them on NAClubs.org.



For inspiration or ideas, check out our top picks for healthy snacks that you can try with your participants!

Ants on a Log

Celery stalks cut into 2.5 inch slices
1.5 teaspoons of peanut butter on each slice
4 raisins on each slice

Turkey and Cheese Wraps

2 slices of low-sodium turkey meat
1 slice of low-fat cheese
1 tablespoon of hummus
1 small whole wheat tortilla

1. Combine cream cheese, salad dressing mix and milk in bowl; mix well.
 2. Divide cream cheese mixture among tortillas; spread to edge. Layer each tortilla with spinach, 2 slices turkey and 2 slices cheese, placing 1/2-inch from edge.
 3. Roll tortillas up tightly, keeping meat and cheese away from edge. Wrap each in plastic food wrap; refrigerate at least 4 hours.
 4. Trim ends of each tortilla; slice each into 12 (1/2-inch) pieces.
 5. Place salad greens onto tray, if desired. Arrange wrap pieces over greens. Garnish with cherry tomatoes, if desired.
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Apple and Peanut Butter Sandwiches

2 slices of apple cut into rounds
1.5 teaspoons of peanut butter spread onto slices
Raisins sprinkled in the middle

Banana and Wheat Toast

1 slice of whole grain bread
Half a banana cut into slices on top of toast
Sprinkle of cinnamon over banana slices

Whole Wheat English Muffin with reduced-fat cream cheese and fruit

1 whole wheat English muffin
1.5 teaspoons of reduced fat cream cheese
Sliced strawberries, blueberries, or banana on top

Black Bean Salsa with Whole Grain Tortilla Chips (makes 26 servings)

1 can Black beans, drained and rinsed (15 ounce can)
1 bell pepper, green (diced)
1 red bell pepper (diced)
1 onion (diced)
2 cans diced tomatoes (canned, drained)
2 cloves garlic (diced)
2 teaspoons ground cumin
1 teaspoon dried cilantro
3 tablespoons Rice or apple cider vinegar

Cucumber Yogurt Dip served with Veggies for dipping (Makes 6 servings)

2 cups yogurt (plain, low-fat)
2 cucumber (large, peeled, seeded, and grated)
1/2 cup sour cream (non-fat)
1 tablespoon lemon juice
1 tablespoon dill (fresh)
1 garlic clove (chopped)
1 cup cherry tomatoes
1 cup broccoli florets
1 cup carrot (baby)

For more resources on healthy snacks, check out the T.R.A.I.L. Resources Page on NAClubs.org!