

## Healthy Snack ideas to meet our nutritional needs in Winter

Cooler temperatures, fewer daylight hours, and more time spent inside can all have a significant effect on when, how much, and even what we're hungry for.

A review published in 2013 in the journal *Frontiers in Neuroscience*, found that seasonal changes did affect many hormones related to hunger and appetite.



*Here are a few ideas to get you started on creating some exciting and tasty snacks:*

- **Veggie Dippers:** celery, carrot, cucumber and capsicum sticks to dip into tasty dips such as hummus or tzatziki.
- **Fruit smoothies:** combine yoghurt and milk with frozen fruit e.g. berries, banana
- **Yoghurt pots:** natural or greek-style yoghurt with fresh berries or passionfruit.
- **Veggie muffins** made with wholemeal flour and onion, corn, capsicum and zucchini.
- **Fruit muffins** made with wholemeal flour and sweetened with overripe banana or grated apple.
- **Bruschetta:** top wholegrain bread with chopped tomato, red onion, basil and drizzle with olive oil.



- **Pizza melts:** decorate mini wholemeal pitas with colourful veg (such as capsicum, spinach, mushrooms) and top with grated cheese for grilling or baking.
- **Mexican corn:** drizzle some olive oil and dust some sweet paprika over your corn cobs, quarter and grill. Top off with grated parmesan.
- **Fruit salad** made with a variety of colourful fruit.
- **Celery sticks** filled with peanut or almond butter
- **Wholegrain crackers** topped with vegemite, cheese and tomato.



*Need to establish a plan to ensure a child or elderly person's nutritional requirements are met? To consult with OSCAR Hospitality's Lead Dietitian, Julie Taylor, please call or email via our contact details below.*



*References:*

1. <https://www.everydayhealth.com/diet-nutrition/why-do-we-eat-more-in-winter.aspx>
2. Cahill S, Tuplin E, Holahan, MR. Circannual Changes in Stress and Feeding Hormones and Their Effect on Food-Seeking Behaviors. *Frontiers in Neuroscience*. August 2013.

