



HEALTHY HINTS



Hummus: A middle eastern dip made in several variations that is a quick, healthy, and delicious snack. How can you make it at home?

1. Place 2 cans of garbanzo beans (chickpeas) in a food processor and pulse until chopped.
2. Add $\frac{1}{2}$ cup water, 2 crushed garlic cloves, $\frac{1}{4}$ cup tahini, 3 spoons of lemon juice, 2 spoons of olive oil, salt, and pepper.
3. Pulse until smooth and serve with pita bread or chopped vegetables. Refrigerate it!

This week we learned about: **Healthy Fats**

- **Healthy fats**, or *healthy oils*, are necessary for your bodies! While too much fat can be bad for you, the body **needs** healthy fat to be converted and used as energy.
 - The healthiest fats can be found in nuts, seeds, whole grains, olive oil, avocados, and fish.
 - **Oils** are just fats in liquid form, and they are generally healthier than solid fats.
- **Trans fats** are NOT good for us in ANY amount!
 - These are found in lots of processed foods that taste good such as baked goods, packaged cookies, and pastries.
 - Make sure to look for the term “**partially hydrogenated oils**” in the ingredients sections on a food label – this indicates that there are trans fats in the food and it should be avoided!

**NEXT TIME (01/10/20):
Vitamins!**

