

Evening Snacks for Heart Patients

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Evening snacks for heart patients, India

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Evening snacks are as important as other meals of the day to meet the energy requirement of one third day of the day. Even after full we craved for snacks. We room into kitchen to satisfy our taste buds. Just last evening I got a client he was so curious for snacks he was so worried if can't take this and that then what should I eat for snacking. Frustration is quite conspicuous. So, this write up is all about evening snacks for heart patients. Here are some easy and simple oil free and less oil snacks for heart patients.

Reasons why should you take evening snacks

- Lowers gap between day meal and night meal.
- Maintains energy levels till dinner.
- Gives relieve in gastrointestinal disturbances.
- Maintains blood sugar.
- Maintains calorie levels.
- Helps in reduce calorie intake during lunch and dinner.
- People tend to eat less calories in dinner, which is conducive for our biological clocks also.
- You draw energy from your body to get food digested this keeps your BMR naturally high.
- Healthy evening snacks can be a reward for a hectic full day work.
- Provides shots of nutrients for the second half of your day.

Some healthy evening snacks are

Boiled corns.

Roasted chickpeas.

Boiled green peas.

Roasted cereals.

Baked Colocasia, carrot, and yam chips.

Green smoothie.

Edamame.

Baked khakhras.

Roasted makhanas.

Bhelpuris.

Baked sev.

Fruits.

Baked namak para.

Carrot sticks.

Suji idlis.

Roasted Chirwa namkeen.
Fruit chaat.
Aloo chaat.
Sweet potato chaat.
Adai.
Besanchilla.
Moondaalchilla.
Appe.
Oat meal.

Points to remember for snacking

How much amount you should take?
Always mind your portion size.
Keep some easily portable healthy snacks with you when you are out.
Avoid sugar dense food as it may cause spikes of insulin.
Low calorie zero oil snacks:
Veggie delight:
Ingredients:
Multigrain bread slices: three.
Lettuce leaf: one.
Tomato slices: three.
Cucumber slices: eight.
Onion slice: one.
Tomato sweet chatni: 2 tbsp.
Paneer (made with double toned milk): 10 grams.

Method

Arrange lettuce, tomato slices, and cucumber slices on one slice and place second slice of bread on top.
Now arrange tomato ketchup and arrange paneer slice and onion and keep the third slice of bread.
Veggie delight is ready to eat.

Rice ball kebabs

Cooked rice: 2 cups.
Chopped coriander: ¼ cup.
Tomato sauce: 1 tsp.
Ginger 1".
Garlic cloves: 2 to 3.
Wheat flour: 3 tbsp.
Red chilli powder: half tsp.
Salt as per taste.

Method

Make a ginger garlic paste.
Keep 1 tbsp flour aside.

Mix all other ingredients.
Shape them into kebab sized.
Roll them in the dry flour keep it aside.
Steam and bake till golden brown.
Serve hot with green chatni.
Garnish the plate with cool slices of cucumber, tomato, and onion.

Snacking is not bad when you know what your food choices should be and what should be your combinations. Right food choices can give your health instead wrong food selection can give you extra kilo calories and other ailments. Keep your food choices always healthy.

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